

MEDI  HERB®

Liquid Blends for *Digestion*



Why Use Liquid Herbs?

The art and skill of mixing individualised herbal formulations sets naturopaths and herbalists apart from other health professionals. Liquid blending based on wholistic principles provides clinically effective results and improves the lives of patients. Receiving an individualised formula fosters the patient's confidence that they are receiving the best possible health care for their personal needs.

Why Ethanolic Herbal Liquids?

Liquid extracts and tinctures containing ethanol are an essential and historical part of traditional herbal medicine. Used in appropriate doses, such extracts are effective, convenient and stable. Herbs prepared in alcohol are considered more effective and faster acting than those prepared in water¹.

How to use this series of books

The *Liquid Blends for Digestion* is the third in our series of books. Designed to provide naturopaths and herbalists with foundational support and prescribing suggestions related to commonly seen conditions. It includes formulations that may be used as a base for you to adapt when creating personalised liquid blends for your patients.

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Considerations when Treating Digestion

A healthy gastrointestinal tract (GIT) is integral to the function of every organ and organ system of the body and is an important factor in obtaining and maintaining optimal health and wellbeing.

A myriad of conditions with a wide variety of causes can affect the GIT, so when treating patients suffering from gastrointestinal (GI) issues, it's important to develop a holistic treatment plan that takes into account the numerous local and systemic complications that can arise and combines herbal medicines with diet and lifestyle changes as needed.

The MediHerb Whole Life Vitality Programs: Eating for Health and Detox for Health provide practitioners and patients with useful information on how to identify and reduce exposure to common toxins, shop for and prepare healthy foods, and track their dietary habits – important considerations when patients are back to optimal digestive health.

Upper Gastrointestinal Tract: Oral Cavity and Oesophagus

Herbal Considerations

Improve Digestive Capacity

Aromatic Digestive

Chen Pi
Cinnamon Quills
Coleus
Ginger

Bitter Tonic

Andrographis
Dandelion Root
Feverfew
Gentian
Globe Artichoke
Wormwood
Yarrow

Reduce Gastrointestinal Irritation and Promote Healing

Antacid

Meadowsweet

Antiemetic

Barberry
Fringe Tree
Ginger
Globe Artichoke
Peppermint

Demulcent

Fenugreek
Licorice
Marshmallow Root

Mucous Membrane Trophorestorative

Golden Seal

Spasmolytic

Chamomile
Cinnamon Quills
Coleus
Cramp Bark
Fennel
Greater Celandine
Lavender
Lemon Balm
Peppermint
Yarrow
Wild Yam

Carminative

Chamomile
Cinnamon Quills
Fennel
Ginger
Lemon Balm
Peppermint
Rosemary

Anti-inflammatory

Baical Skullcap
Billberry
Calendula
Chamomile
Fenugreek
Licorice
Meadowsweet
Yarrow

Antimicrobial Support

Antibacterial

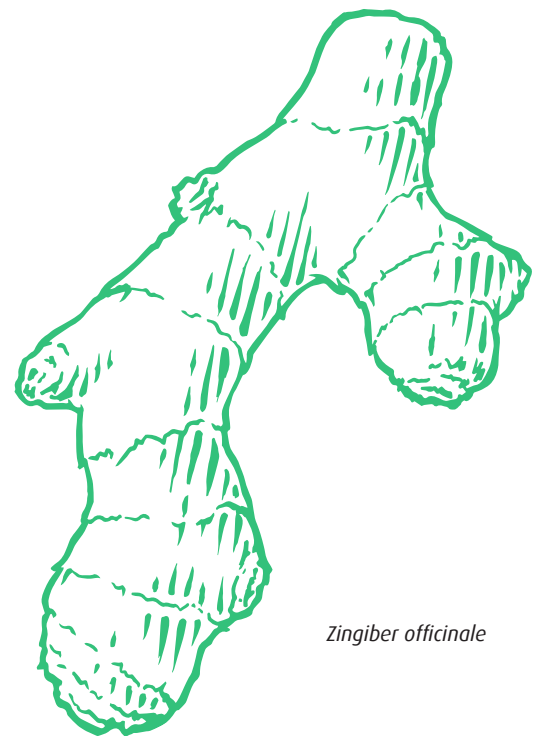
Golden Seal
Myrrh
Propolis
Thyme

Antimicrobial

Barberry
Calendula
Golden Seal
Myrrh
Thyme
Pomegranate
Sage
Oregon Grape

Antifungal

Calendula
Propolis
Thyme
Pelargonium



Zingiber officinale

Upper Gastrointestinal Tract: Oral Cavity and Oesophagus

(continued)

Formulas

Acid Reflux (GERD) Support

Chamomile	1:2	20 mL
Meadowsweet	1:2	20 mL
Marshmallow Root	1:5	25 mL
Calendula	1:2	20 mL
Golden Seal	1:3	20 mL
		105 mL
		5 mL tds
Dose before meals		

GERD with Stress

Licorice	1:1	20 mL
Chamomile	1:2	20 mL
Lemon Balm	1:2	20 mL
Passionflower	1:2	20 mL
Golden Seal	1:3	20 mL
		100 mL
		5 mL tds
Dose before meals		
An extra dose can be taken before retiring in the evening if required.		
For additional support, consider Slippery Elm Powder		

Barrett's Oesophagus

Marshmallow Root	1:5	20 mL
Turmeric	1:1	40 mL
Golden Seal	1:3	20 mL
Gotu Kola	1:1	20 mL
		100 mL
		5 mL tds
Dose before meals		
For additional support, consider Synergistic Mushroom Combination (7.5 mL twice daily) and Slippery Elm Powder		

Hiatus Hernia

Meadowsweet	1:2	20 mL
Calendula	1:2	20 mL
Licorice	1:1	20 mL
Lemon Balm	1:2	20 mL
Golden Seal	1:3	20 mL
		100 mL
		7.5 mL bd

Oral Thrush Mouthwash - Formula 1

Calendula	1:2	25 mL
Propolis	1:5	25 mL
Pelargonium	1:5	25 mL
Sage	1:2	25 mL
		100 mL

Oral Thrush Mouthwash - Formula 2

Golden Seal	1:3	20 mL
Pomegranate	1:2	50 mL
Myrrh	1:5	15 mL
Thyme	1:2	20 mL
		105 mL

Mouth Ulcer - Antimicrobial Mouthwash

Calendula (low alcohol)	1:2	30 mL
Myrrh	1:5	30 mL
Propolis	1:5	40 mL
		100 mL

Mouth Ulcer - Soothing Mouthwash

Marshmallow Root Glycextract	1:5	25 mL
Kava	1:1	45 mL
Calendula (low alcohol)	1:2	15 mL
Golden Seal	1:3	15 mL
		100 mL



How to: Mouthwash & Gargles

Add 5 mL of the herbal formulation or a combination of herbal extracts to 50 mL of water or saline solution. Gargle the fluid or rinse the mouth with it for up to 1 minute, then expel the mixture; it should not be swallowed. Any unused herbal water/saline rinse should be discarded. Use 2-3 times daily depending on the severity of the problem.



Matricaria chamomilla

☺☺

The advantage of herbal liquids is that the all-important phytochemical constituents are already in solution.

☺☺

Professor Kerry Bone

Punica granatum

Gastrointestinal Support: stomach, Liver, Gallbladder & Pancreas

Herbal Considerations

Support Healthy Liver & Gallbladder Function

Cholagogue

Blue Flag
Dandelion Root
Fringe Tree
Gentian
Globe Artichoke
Greater Celandine
Peppermint
Yellow Dock

Choleretic

Dandelion Root
Fringe Tree
Globe Artichoke
Greater Celandine
St Mary's Thistle
Turmeric

Hepatoprotective

Bupleurum
Globe Artichoke
St Mary's Thistle
Rosemary
Schisandra

Hepatotrophorestorative

Globe Artichoke
St Mary's Thistle

Spasmolytic

Chamomile
Cinnamon Quills
Coleus
Cramp Bark
Fennel
Greater Celandine
Lavender
Lemon Balm
Peppermint
Yarrow
Wild Yam

Support Healthy Digestive Function

Aromatic Digestive

Chen Pi
Cinnamon Quills
Coleus
Ginger

Bitter Tonic

Andrographis
Dandelion Root
Gentian
Globe Artichoke
Wormwood
Yarrow

Cholagogue

Blue Flag
Dandelion Root
Fringe Tree
Gentian
Globe Artichoke
Greater Celandine
Peppermint
Yellow Dock

Choleretic

Dandelion Root
Fringe Tree
Globe Artichoke
Greater Celandine
St Mary's Thistle
Turmeric

Anxiolytic

Bacopa
California Poppy
Oats Green
Kava
Lavender
Mexican Valerian
Passionflower
Valerian
Zizyphus

Nervine Tonic

Bacopa
Gotu Kola
Oats Green
Schisandra
Skullcap
St John's Wort
Vervain



Rosmarinus officinalis

Support Healthy Metabolic Function

Hypoglycemic Support

Fenugreek
Gymnema
Nigella
Cinnamon Quills

Hypolipidaemic

Fenugreek
Globe Artichoke
Gymnema
Turmeric
Nigella

Support Healthy Immune System Function

Immune Enhancing

Andrographis

Immune Modulating

Echinacea Premium Blend
Tinospora

Inhibit Growth of Pathogenic Organisms

Antibacterial

Golden Seal
Myrrh
Propolis
Thyme

Antimicrobial

Barberry
Calendula
Golden Seal
Myrrh
Thyme

Antifungal

Calendula
Propolis
Thyme

Reduce Gastrointestinal Inflammation

Anti-inflammatory

Baical Skullcap
Calendula
Chamomile
Fenugreek
Licorice
Meadowsweet
Yarrow
Bilberry

Formulas

Cyclic Vomiting Syndrome (abdominal migraine)

Fennel	1:2	20 mL
Globe Artichoke	1:2	25 mL
Peppermint	1:2	15 mL
Chamomile	1:2	25 mL
Meadowsweet	1:2	20 mL
		105 mL
		2.5 mL tds

Dose before meals,
Start dosing at 2.5 mL,
increase to 5 mL if required

Acute Pain Formula Associated with Cholecystitis*

Turmeric	11	40 mL
Cramp Bark	1:2	15 mL
Licorice	1:1	20 mL
Corydalis	1:1	25 mL
		100 mL
		7.5 mL tds

*In cases of acute cholecystitis refer client to a medical professional for investigation as partial or complete blockage of the cystic duct is possible.

Chronic Cholecystitis Support*

Gentian	1:2	10 mL
Chamomile	1:2	20 mL
Fennel	1:2	20 mL
St Mary's Thistle	2:1	30 mL
Dandelion Root	1:2	20 mL
		100 mL
		7.5 mL bd

Cholelithiasis Support – Gallbladder Sludge (without stones)

Turmeric	1:1	35 mL
Globe Artichoke	1:2	40 mL
Dandelion Root	1:2	20 mL
Gentian	1:2	5 mL
		100 mL
		7.5 mL bd

The use of cholagogues is contraindicated in patients suffering from acute cholelithiasis and bile duct obstruction. The herbs above are best indicated for the prevention of gallstones and in cases of biliary insufficiency, biliary tract dysfunction, and gallbladder congestion or sluggishness.

Gastritis Support - Formula 1

Golden Seal	1:3	20 mL
Chamomile	1:2	20 mL
Licorice	1:1	20 mL
Myrrh	1:5	20 mL
Turmeric	1:1	20 mL
		100 mL
		7.5 mL bd

Gastritis Support - Formula 2

Chamomile	1:2	20 mL
Marshmallow Root	1:5	25 mL
Meadowsweet	1:2	25 mL
Peppermint	1:2	15 mL
Thyme	1:2	15 mL
		100 mL
		7.5 mL bd

For additional support, consider Slippery Elm Powder

☺☺

Bitters are energetically cold, therefore combine with warming aromatics, particularly in cold conditions and with the elderly.

☺☺



Gastrointestinal Support: Stomach, Liver, Gallbladder & Pancreas (continued)

Formulas

Indigestion (Dyspepsia)

Globe Artichoke	1:2	25 mL
Ginger	1:2	15 mL
Chamomile	1:2	20 mL
Fennel	1:2	20 mL
Meadowsweet	1:2	25 mL
		105 mL
		5 mL tds
		Dose before meals

Nervous Dyspepsia

Chamomile	1:2	30 mL
Gentian	1:2	10 mL
Ginger	1:2	10 mL
Lemon Balm	1:2	20 mL
Greater Celandine	1:2	10 mL
Lavender	1:2	20 mL
		100 mL
		5 mL bd

Non-Alcoholic Fatty Liver Disease (NAFLD) Support - Support Liver Function - Formula 1

St Mary's Thistle	2:1	30 mL
Globe Artichoke	1:2	20 mL
Schisandra	1:2	25 mL
Turmeric	1:1	35 mL
		110 mL
		7.5 mL bd

Non-Alcoholic Fatty Liver Disease (NAFLD) Support - NAFLD with Metabolic Syndrome - Formula 2

St Mary's Thistle	2:1	30 mL
Nigella	1:2	30 mL
Fenugreek	1:2	15 mL
Cinnamon Quills	1:4	30 mL
		105 mL
		7.5 mL bd



Schisandra chinensis

Reduced Digestive Capacity

A Note on Supertasters

Taste perception can greatly vary amongst individuals and strongly influences food preferences and selection. These individual differences in taste sensitivity are thought to arise from genetic differences and contribute to perceived taste of the five primary sensory qualities (sweet, sour, salty, bitter and umami).¹

The term 'supertasters' is used to describe individuals who have a heightened taste perception to the five primary sensory qualities, especially bitters.² As activation of bitter taste receptors is thought to have evolved to guard against the consumption of poisons and toxins, supertasters may have an adverse response to bitter herbal formulas. In these cases, avoid strongly bitter formulas and instead consider formulas with a focus on cholagogues and choleretics to support digestive function.

Formulas

Formula 1

Chen Pi	1:2	25 mL
Ginger	1:2	10 mL
Fennel	1:5	20 mL
Gentian	1:2	10 mL
Dandelion Root	1:2	20 mL
Chamomile	1:2	20 mL
		105 mL
		5 mL tds
Dose 15 minutes before meals		

High Bitter Formula

Gentian	1:2	10 mL
Ginger	1:2	15 mL
Dandelion Root	1:2	25 mL
Fennel	1:2	25 mL
Chen Pi	1:2	25 mL
		100 mL
		5 mL tds
Dose 15 minutes before meals		

Low Bitter Formula

Globe Artichoke	1:2	25 mL
Cinnamon Quills	1:4	30 mL
Dandelion Root	1:2	20 mL
Ginger	1:2	10 mL
Chamomile	1:2	20 mL
		105 mL
		5 mL tds
Dose 15 minutes before meals		

Peptic Ulcer (stomach ulcer) Support Peptic Ulcer with Stress

Calendula	1:2	10 mL
Licorice	1:1	20 mL
Chamomile	1:2	30 mL
Withania	2:1	20 mL
Meadowsweet	1:2	20 mL
		100 mL
		7.5 mL bd

Peptic Ulcer (stomach ulcer) Support Peptic Ulcer with *H. pylori* Infection*

Golden Seal	1:3	20 mL
Myrrh	1:5	15 mL
Licorice	1:1	15 mL
Echinacea Premium	1:2	20 mL
Turmeric	1:1	35 mL
		105 mL
		5 mL tds
Dose before meals		

Helicobacter pylori (*H. pylori*) Infection Support* - Formula 1

Licorice	1:1	15 mL
Sage	1:2	25 mL
Nigella	1:2	30 mL
Golden Seal	1:3	15 mL
Fennel	1:2	20 mL
		105 mL
		5 mL tds
Dose before meals		

Helicobacter pylori (*H. pylori*) Infection Support* - Formula 2

Pomegranate	1:2	50 mL
Meadowsweet	1:2	20 mL
Myrrh	1:5	15 mL
Thyme	1:2	15 mL
		100 mL
		5 mL tds
Dose before meals		

Reduced Pancreatic Function*

Gymnema	1:1	25 mL
Nigella	1:2	30 mL
Ginkgo [~]	2:1	25 mL
Bupleurum	1:2	25 mL
		105 mL
		7.5 mL bd

[~]Ginkgo may be useful for improving beta-cell function

*As *H. pylori* can be a chronic, persistent infection, consider alternating between two liquid formulas incorporating a wide variety of herbal antimicrobials to help reduce the likelihood of the organism developing resistance to specific herbs.

Gastrointestinal Support: small and Large Intestine

Herbal Considerations

Lower GIT (Small and Large Intestine) Short-term Constipation Relief

Laxative

Blue Flag
Cascara
Dandelion Root
Fringe Tree (mild)
Greater Celandine (mild)
Licorice (mild)
Yellow Dock (mild)

Lower GIT (Small and Large Intestine) Long-term Constipation Support

Cholagogue

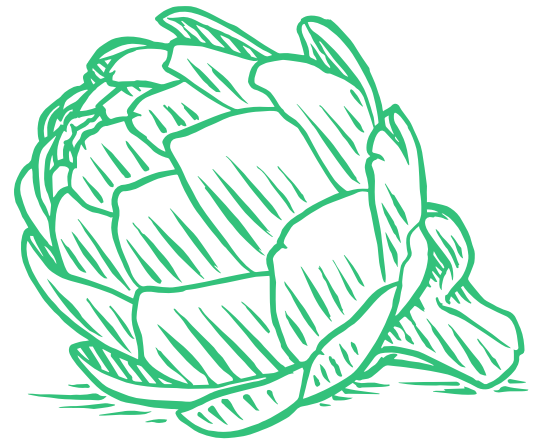
Blue Flag
Dandelion Root
Fringe Tree
Gentian
Globe Artichoke
Greater Celandine
Peppermint
Yellow Dock

Choleretic

Dandelion Root
Fringe Tree
Globe Artichoke
Greater Celandine
St Mary's Thistle
Turmeric

Hepatoprotective

Bupleurum
Globe Artichoke
St Mary's Thistle
Rosemary
Schisandra



Cynara scolymus

Hepatotrophorestorative

Globe Artichoke
St Mary's Thistle

Aromatic Digestive

Chen Pi
Cinnamon Quills
Coleus
Ginger

Bitter Tonic

Andrographis
Dandelion Root
Gentian
Globe Artichoke
Wormwood
Yarrow

Reduce GI Irritation and Inflammation

Antiallergic

Albizia
Baical Skullcap
Feverfew

Anti-inflammatory

Baical Skullcap
Calendula
Chamomile
Fenugreek
Licorice
Meadowsweet
Yarrow

Carminative

Chamomile
Chen Pi
Cinnamon Quills
Fennel
Ginger

Lavender
Lemon Balm
Peppermint
Rosemary

Demulcent

Fenugreek
Licorice
Marshmallow Root

Mucous Membrane Trophorestorative

Golden Seal

Spasmolytic

Chamomile
Cinnamon Quills
Coleus
Cramp Bark
Fennel

Greater Celandine
Lavender
Lemon Balm
Peppermint
Yarrow



Our quality assurance and manufacturing departments take pride in retaining the quality of the raw herbs we buy through to the manufacturing process and final product.



A/Prof Reg Lehmann, PhD
Manufacturing Technical Services Manager

Gastrointestinal Support: small and Large Intestine (continued)

Herbal Considerations

Inhibit Growth of Pathogenic Organisms

Antibacterial

Golden Seal
Myrrh
Propolis
Thyme
Barberry

Antimicrobial

Barberry
Calendula
Golden Seal
Myrrh
Thyme
Oregon Grape
Sage
Pomegranate

Antifungal

Calendula
Pelargonium
Propolis
Thyme

Antiviral

St John's Wort
Licorice
Thuja

Antiparasitic

Wormwood
Sweet Wormwood (Qing Hao)
Thyme

Anthelmintic

Black Walnut Hulls
Myrrh
Andrographis
Wormwood

Support Healthy Immune System Function

Immune Enhancing

Andrographis

Immune Modulating

Echinacea Premium Blend
Tinospora

Immune Suppressant

Hemidesmus

Formulas

Anal Fissures*

Yellow Dock	1:2	20 mL
Gotu Kola	1:1	20 mL
Yarrow	1:2	20 mL
Calendula	1:2	20 mL
Licorice	1:1	20 mL
		100 mL
		7.5 mL bd

Topical Cream 1*

Calendula	1:2	7 mL
Gotu Kola	1:1	7 mL
		14 mL
Add to 100 g of Vitamin E Cream Base		

Topical Cream 2*

Chamomile	1:2	5 mL
Horsetail	1:2	5 mL
Calendula	1:2	5 mL
		15 mL
Add to 100 g of Vitamin E Cream Base		

Also consider the use of Slippery Elm Powder to assist with stool softening

*Refer patients with GI bleeding or blood in the stool to a medical professional for thorough medical assessment before prescribing any herbal formulation.



How-to: Creams

Slowly add 15 mL of the herbal formulation to 100 g of MediHerb® Vitamin E Cream Base while mixing continuously to help prevent the formula from separating.

Gastrointestinal Support: small and Large Intestine (continued)

Formulas

Inflammation and Damage Associated with Coeliac Disease - Formula 1

Licorice	1:1	15 mL
Golden Seal	1:3	20 mL
Meadowsweet	1:2	25 mL
Turmeric	1:1	40 mL
		100 mL
		7.5 mL bd

Inflammation and Damage Associated with Coeliac Disease - Formula 2

Baical Skullcap	1:2	30 mL
Fennel	1:2	20 mL
Withania	2:1	15 mL
Chamomile	1:2	20 mL
Marshmallow Root	1:5	20 mL
		105 mL
		7.5 mL bd

Also consider Slippery Elm Powder and Zinc Carnosine to support healing of the gastrointestinal tract.

Short-term Constipation Relief

Cascara	1:2	30 mL
Yellow Dock	1:2	20 mL
Fringe Tree	1:2	25 mL
Dandelion Root	1:2	25 mL
		100 mL
		7.5 mL bd

Long-term Constipation Support

Dandelion Root	1:2	25 mL
Gentian	1:2	10 mL
Greater Celandine	1:2	10 mL
Peppermint	1:2	15 mL
Licorice	1:1	15 mL
Chamomile	1:2	25 mL
		100 mL
		7.5 mL bd

Crohn's Disease Support

Turmeric	1:1	35 mL
Baical Skullcap	1:2	30 mL
Rehmannia	1:2	30 mL
Calendula	1:2	10 mL
		105 mL
		7.5 mL bd

Diarrhoea

- Also consider the use of Slippery Elm for stool bulking
- In cases of persistent and intermittent diarrhoea, consider testing for GI infection

Most acute episodes of diarrhoea are due to viral infections and last 3-5 days.

In cases of acute watery diarrhoea lasting more than three days, chronic diarrhoea or alternating diarrhoea and constipation refer the patient to a medical professional for thorough medical assessment before prescribing any herbal formulation.



Chelidonium majus

☞

To improve compliance with liquid herbs be honest with your patients regarding the taste. Advise them that they are quite different to anything they may have tasted before and ask them if they're okay with this.

☞

Professor Kerry Bone

Gastrointestinal Support: small and Large Intestine (continued)

Formulas

Diverticulitis – Anti-inflammatory Support

Golden Seal	1:3	25 mL
Licorice	1:1	25 mL
Turmeric	1:1	50 mL
		100 mL
		7.5 mL bd

Diverticulitis – Antimicrobial Support for Acute Infection

Golden Seal	1:3	25 mL
Myrrh	1:5	15 mL
Calendula	1:2	25 mL
Yarrow	1:2	25 mL
Licorice	1:1	15 mL
		105 mL
		7.5 mL bd

Duodenal Ulcer Support

Golden Seal	1:3	20 mL
Licorice	1:1	15 mL
Calendula	1:3	20 mL
Chamomile	1:2	25 mL
Meadowsweet	1:2	20 mL
		100 mL
		7.5 mL bd

Flatulence

Chamomile	1:2	20 mL
Fennel	1:2	20 mL
Gentian	1:2	10 mL
Lemon Balm	1:2	20 mL
Peppermint	1:2	10 mL
Globe Artichoke	1:2	20 mL
		100 mL
		7.5 mL bd

Food Intolerances Short-term Symptomatic Relief

Chamomile	1:2	25 mL
Ginger	1:2	10 mL
Gentian	1:2	10 mL
Fennel	1:2	20 mL
Lemon Balm	1:2	20 mL
Peppermint	1:2	15 mL
		100 mL
		5 mL tds

Food Intolerances Long-term Support

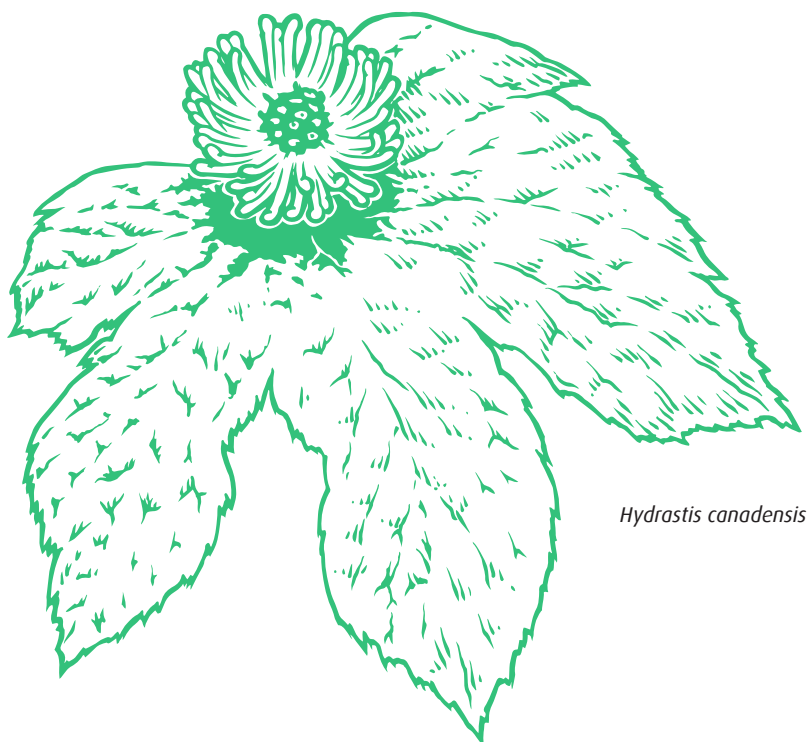
Gentian	1:2	10 mL
Dandelion Root	1:2	25 mL
Baical Skullcap	1:2	30 mL
Fennel	1:2	20 mL
Golden Seal	1:3	20 mL
		105 mL
		7.5 mL bd

Haemorrhoids

Horsechestnut	1:2	30 mL
Ginkgo	2:1	20 mL
Butcher's Broom	1:2	20 mL
Yellow Dock	1:2	15 mL
Licorice	1:1	15 mL
		100 mL
		7.5 mL bd

Haemorrhoids Topical Cream for Broken Skin

Horsetail	1:2	7 mL
Calendula	1:2	8 mL
		15 mL
Add to 100 g of Vitamin E Cream Base		



Hydrastis canadensis

☺☺

A herbal phytochemical spectrum is like a community, it functions best when all the members are present

☺☺

Rose Cornelissen -
Herbal Medicine Practitioner, Educator

Gastrointestinal Support: small and Large Intestine (continued)

Formulas

Irritable Bowel Syndrome (IBS) Support Formula 1

Ginger	1:2	10 mL
Meadowsweet	1:2	20 mL
Corydalis	1:1	20 mL
Gentian	1:2	15 mL
Chamomile	1:2	20 mL
Cramp Bark	1:2	20 mL
		105 mL
		7.5 mL bd

Irritable Bowel Syndrome (IBS) Support Formula 2

Fennel	1:2	20 mL
Fringe Tree	1:2	20 mL
St Mary's Thistle	2:1	30 mL
Chamomile	1:2	20 mL
Cramp Bark	1:2	15 mL
		105 mL
		7.5 mL bd

Stress Support in IBS

Passionflower	1:2	25 mL
Vervain	1:2	25 mL
Lemon Balm	1:2	25 mL
Chamomile	1:2	25 mL
		100 mL
		7.5 mL bd

Consider Slippery Elm Powder and Zinc Carnosine to support healing of the gastrointestinal tract.

Constipation-predominant IBS (IBS-C)

Yellow Dock	1:2	30 mL
Globe Artichoke	1:2	30 mL
Licorice	1:1	20 mL
Chamomile	1:2	20 mL
		100 mL
		7.5 mL bd

Diarrhoea-predominant IBS (IBS-D)

Chamomile	1:2	25 mL
Peppermint	1:2	25 mL
Pomegranate	1:2	50 mL
		100 mL
		7.5 mL bd

Consider the co-administration of Slippery Elm Powder to support gastrointestinal health.

Infection of the Small Intestine Bacterial Overgrowth (SIBO)

Golden Seal	1:3	30 mL
Myrrh	1:5	15 mL
Chamomile	1:2	25 mL
Gentian	1:2	15 mL
Ginger	1:2	15 mL
		100 mL
		5 mL tds
		Dose before meals

Infection of the Small Intestine Fungal Overgrowth (SIFO)

Golden Seal	1:3	20 mL
Barberry	1:2	25 mL
Thyme	1:2	20 mL
Ginger	1:2	15 mL
Fennel	1:2	20 mL
		100 mL
		5 mL tds
		Dose before meals.

Consider the use of Garlic Tablets at 1 tablet 1-2 times daily.

Consider these herbal treatments in accordance with a bowel flora treatment plan. Treatment guidelines can be found on the opposite page.

Ulcerative Colitis Support* Formula 1

Echinacea Premium	1:2	25 mL
Chamomile	1:2	20 mL
Tinospora	1:2	20 mL
Bupleurum	1:2	25 mL
Licorice	1:1	15 mL
		105 mL
		7.5 mL bd

Ulcerative Colitis Support* Formula 2

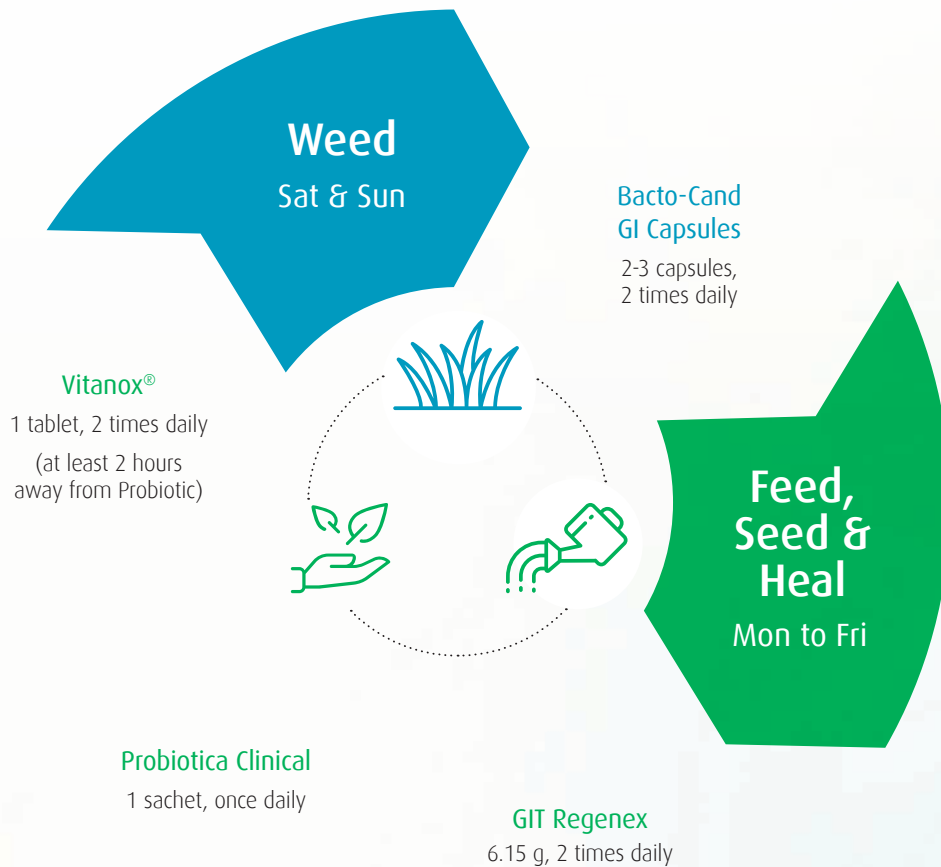
Turmeric	1:1	35 mL
Hemidesmus	1:2	20 mL
St Mary's Thistle	2:1	30 mL
Meadowsweet	1:2	20 mL
		105 mL
		7.5 mL bd

Ulcerative Colitis (with bleeding) Support*

Turmeric	1:1	35 mL
Licorice	1:1	15 mL
Golden Seal	1:3	25 mL
Yarrow	1:2	25 mL
		100 mL
		7.5 mL bd

*Refer patients with GI bleeding or blood in the stool to a medical professional for thorough medical assessment before prescribing any herbal formulation.

Kerry Bone's Bowel Flora Protocol (BFP)



Kerry Bone's Bowel Flora Protocol for healthy gastrointestinal function should be continued for four to six weeks. In severe cases or where symptoms resurface the protocol can be repeated as needed after a break.

Patients will benefit most from this protocol when it is combined with dietary modifications where necessary. A diet low in starch and fat should be followed and the emphasis should be on fresh fruit and vegetables, and protein from white meats, poultry, eggs and fish. Red meat should be kept to a minimum. Starchy fruits and vegetables such as bananas, potatoes and sweet potatoes should be avoided for best results.

- ✓ For best results 4-6 cycles are recommended
- ✓ Base protocol can be adapted according to the needs of each patient
- ✓ More antimicrobial activity can be added with extra berberine from Phellodendron plus synergists such as Garlic
- ✓ For anthelmintic/ vermifuge support consider: Myrrh or a combination containing Wormwood, Stemona, Black Walnut Hulls and Clove Bud Oil
- ✓ For bacterial overgrowth consider antimicrobial herbs plus a combination of choleric and cholagogue herbs such as: St Mary's Thistle, Globe Artichoke, Bupleurum, Fringe Tree
- ✓ For an anti-biofilm strategy Kerry recommends anti-adhesive herbs such as: Cranberry, Crataeva, Bearberry, Buchu and tannin herbs in addition to antimicrobial herbs such as Garlic and Myrrh

☞

At MediHerb, quality means providing the most exceptional natural medicine products and support, to help you achieve effective results with your patients time after time.

☞

Bupleurum falcatum

Gastrointestinal Support: small and Large Intestine (continued)

Gastrointestinal Infections Bacterial Infection

Myrrh	1:5	15 mL
Golden Seal	1:3	20 mL
Barberry	1:2	20 mL
Oregon Grape	1:2	25 mL
Peppermint	1:2	10 mL
Fennel	1:2	15 mL
		105 mL
		5 mL tds
	Dose before meals	

Gastrointestinal Infections Viral (Viral Gastroenteritis)

St John's Wort High Grade	1:2	30 mL
Licorice	1:1	15 mL
Cramp Bark	1:2	15 mL
Echinacea Premium Blend	1:2	20 mL
Ginger	1:2	10 mL
Thuja	1:5	10 mL
		100 mL
		5 mL tds
	Dose before meals	

Gastrointestinal Infections Helminths

Wormwood	1:5	10 mL
Black Walnut Hulls	1:10	20 mL
Myrrh	1:5	15 mL
Sweet Wormwood (Qing Hao)	2:1	15 mL
Chamomile	1:2	20 mL
Cinnamon Quills	1:4	25 mL
		105 mL
		5 mL
	Dose 4-6 times daily before meals*	

*Continue this dose for 10 days. After a 10-day break, repeat treatment for 10 days. The second treatment is necessary to kill any larvae that have hatched after treatment.



Mentha x piperita

Probiotica Clinical

Clinically trialled probiotic complex

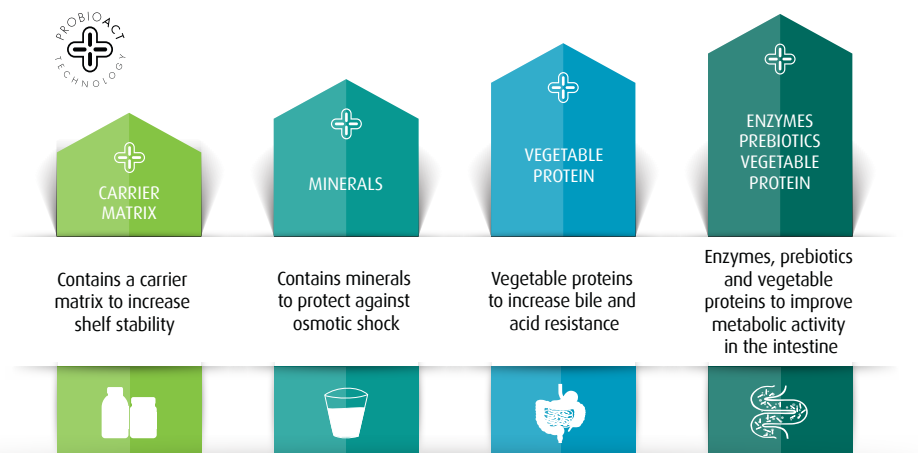
Specially formulated for enhanced stability, GIT survival and metabolic activity, MediHerb Probiotica Clinical is a 9-strain clinically trialled probiotic complex providing 5 billion CFU per sachet to:



- ✓ **Improve** intestinal barrier function
- ✓ **Inhibit** mast cell activation
- ✓ **Positively influence** the immune system
 - Reduce susceptibility to suboptimal mood
 - Stimulating IL-10 secretion
 - Decreasing lipopolysaccharide (LPS) load.
- ✓ **Support** general health and wellbeing
- ✓ **Support** a healthy immune system

PROBIACT® Technology found in MediHerb® Probiotica Clinical contains protective and nutritional ingredients.

- ✓ Retain high cell counts during shelf life.
- ✓ Protect against osmotic shock during rehydration and consumption
- ✓ Protect against stomach acid and digestive enzymes in the GI-tract
- ✓ Improve metabolic activity in the small intestine



Digestive Support During Pregnancy

Herbal Considerations

Support Healthy Liver & Gallbladder Function

Aromatic digestive

Chen Pi
Ginger

Bitter Tonic

Dandelion Root
Gentian
Globe Artichoke

Cholagogue

Dandelion Root
Fringe Tree
Gentian
Globe Artichoke
Peppermint

Choleretic

Dandelion Root
Fringe Tree
Globe Artichoke
St Mary's Thistle
Turmeric

Hepatoprotective

Bupleurum
Globe Artichoke
St Mary's Thistle
Schisandra

Hepatotrophorestorative

Globe Artichoke
St Mary's Thistle

Reduce Gastrointestinal Irritation and Promote Healing

Antiemetic

Fringe Tree
Ginger
Globe Artichoke
Peppermint

Demulcent

Licorice
Marshmallow Root

Spasmolytic

Chamomile
Cramp Bark
Lavender
Lemon Balm
Peppermint

Short-term Constipation Relief

Laxative

Dandelion Root
Fringe Tree (mild)
Licorice (mild)*

*short-term use only, maximum 3.0 g/day

Reduce GI Irritation and Inflammation

Anti-inflammatory

Baical Skullcap
Calendula
Chamomile
Licorice

Carminative

Chamomile
Chen Pi
Cinnamon Quills
Ginger
Lavender
Lemon Balm

Demulcent

Licorice
Marshmallow Root



Taraxacum officinale

☺☺

Something deep within us recognises that there is healing power in the plant kingdom.

☺☺

Professor Kerry Bone

Digestive Support During Pregnancy (continued)

Herbal Considerations

Nervous System Support

Anxiolytic

Bacopa
California Poppy
Oats Green
Lavender
Mexican Valerian
Passionflower
Valerian
Zizyphus

Nervine Tonic

Bacopa
Gotu Kola
Oats Green
Schisandra
Skullcap
St John's Wort
Vervain

Formulas

Morning Sickness and Nausea

Ginger	1:2	15 mL
Chamomile	1:2	20 mL
Lemon Balm	1:2	20 mL
		55 mL
		1 mL tds
		Start dosing at 1 mL tds, and increase to 2.5 mL tds if required

First Trimester Constipation Formula

Chamomile	1:2	25 mL
Dandelion Root	1:2	25 mL
Fringe Tree	1:2	20 mL
St Mary's Thistle	2:1	30 mL
		100 mL
		1 mL tds
		Start dosing at 1 mL tds, and increase to 2.5 mL tds if required

Second & Third Trimester Constipation Formula

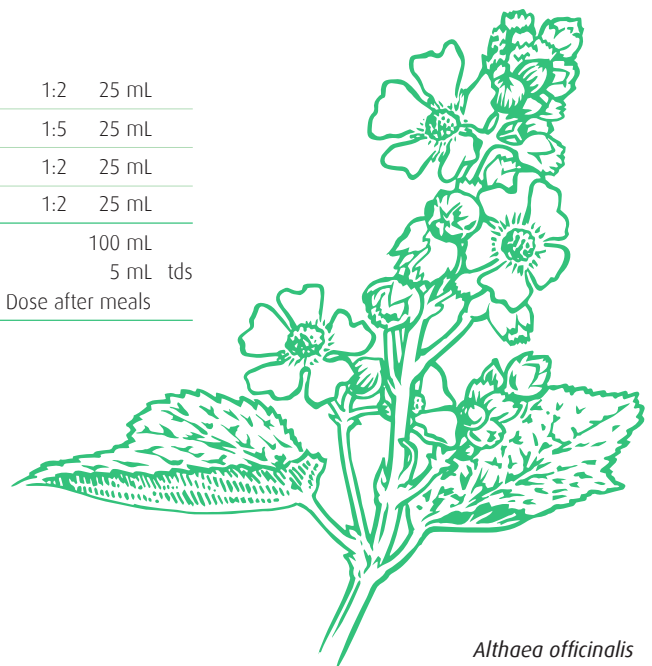
Ginger	1:2	15 mL
Fringe Tree	1:2	20 mL
Dandelion Root	1:2	30 mL
Globe Artichoke	1:2	35 mL
		100 mL
		2.5 mL tds
		Start dosing at 2.5 mL tds, and increase to 5 mL tds if required

Digestive Support

Dandelion Root	1:2	30 mL
Globe Artichoke	1:2	25 mL
St Mary's Thistle	2:1	30 mL
Gentian	1:2	15 mL
		100 mL
		5 mL tds
		Dose before meals

Reflux

Chamomile	1:2	25 mL
Marshmallow Root	1:5	25 mL
Lemon Balm	1:2	25 mL
Passionflower	1:2	25 mL
		100 mL
		5 mL tds
		Dose after meals



Althaea officinalis

Digestive Support for Children (3 Years and Older)

Herbal Considerations

Demulcent

Marshmallow Root Glycetract

Carminative

Chamomile
Lemon Balm
Peppermint

Cholagogue/ Choloretic

Yellow Dock
Dandelion Root
Globe Artichoke

Aromatic Digestive

Ginger

Liver Support

St Mary's Thistle Glycetract

Antimicrobial

Pomegranate*
Golden Seal

Antiparasitic

Wormwood
Black Walnut Hulls
Sweet Wormwood (Qing Hao)
Thyme

*Some cautions in children: Please contact Integra® Healthcare Clinical & Technical Support on 1300 654 336 for further details

Formulas

Colic/Reflux

Chamomile	1:2	20 mL
Lemon Balm	1:2	20 mL
Marshmallow Root Glycetract	1:5	20 mL
		60 mL

Constipation

Dandelion Root	1:2	20 mL
Passionflower	1:2	20 mL
Chamomile	1:2	20 mL
		60 mL

Diarrhoea*

Passionflower	1:2	20 mL
Chamomile	1:2	20 mL
Lemon Balm	1:2	20 mL
		60 mL

Also consider the use of Slippery Elm Powder blended with water to help bulk the stool. Another important consideration is electrolyte replacement therapy.

*Refer children to a medical professional for thorough medical assessment if/ when required.

Bacterial Infection

Myrrh	1:5	15 mL
Golden Seal	1:3	20 mL
Barberry	1:2	20 mL
Oregon Grape	1:2	25 mL
Peppermint	1:2	10 mL
Chamomile	1:2	15 mL
		105 mL

Viral (Viral Gastroenteritis)

St John's Wort High Grade	1:2	25 mL
Licorice	1:1	15 mL
Cramp Bark	1:2	15 mL
Echinacea Premium	1:2	20 mL
Ginger	1:2	10 mL
Chamomile	1:2	15 mL
		100 mL

Helminths

Wormwood	1:5	10 mL
Echinacea Premium	1:2	20 mL
Myrrh	1:5	15 mL
Sweet Wormwood (Qing Hao)	2:1	15 mL
Chamomile	1:2	20 mL
Cinnamon Quills	1:4	20 mL
		100 mL

Dosage recommendations: take with water 4-6 times a day for 10 days. After a 10-day break, repeat treatment for 10 days. The second treatment is necessary to kill any larvae that have hatched after treatment.



Children's Dosage Rules

Children over 2 years of age

Salisbury Rule

Weight (kg) x 2 (if weight is less than 30kg)*

Weight (kg) + 30 (if weight is greater than 30kg)*

*This gives a percentage of the adult dose

Tips to improve taste and compliance

- ✓ Ask whether the child will tolerate strong-tasting liquids
- ✓ Do not over dilute
- ✓ Follow each dose with water or juice
- ✓ Add pear or blackcurrant juice, or soy milk
- ✓ Use MediHerb® Flavouring Mixture
- ✓ Add to a jelly and set in ice cube trays

What MediHerb® Do:



Ensure our therapeutic formulas are produced at therapeutic doses

Ingredient standardisation, and quantified activity levels tested for label potency in every batch, for consistent clinical results. We make sure our products still have the required potency at the end of shelf life.



Only source and purchase quality raw materials

We source sustainably from around the world and select materials with precision, as we know climate and conditions matter in the end product. Our strong relationships with growers go back 30 years where we purchase from up to 100 herb farms or wild harvesting regions. We also test every raw material that comes through our doors to ensure the quality and purity of the material meets our strict release criteria before it is considered suitable for use.



We extract herbs ourselves using proprietary cold percolation extraction

Developed and used only by MediHerb® to maintain the delicate herbal integrity, and the efficacy of the end MediHerb® product.



Test every batch of every product

We've invested in our own state of the art laboratories featuring the latest technology, equipment for precision, accuracy, and quality control. Our testing occurs at various stages of production in line with strict criteria, so you can be sure every MediHerb® product is of the highest quality and consistent potency.



Invest heavily in independent natural medicine research

We support and strengthen the industry through investments in a growing number of clinical trials and various research projects. We do this to unlock new information, pioneer quality and help build a more credible industry for all practitioners in the future.



Innovate

Our own primary research, clinical experience and respect for traditional evidence defines our approach to innovation. We believe in products that are tried, tested, trusted, and true.



Recruit and nurture a qualified practitioner team

Our team is made up of industry leading professors, naturopaths, herbalists, scientists and researchers, all with extensive years of research and significant, real-world, practical, clinical experience.



Proudly manufacture local Australian made products

Our manufacturing and packaging facilities in Warwick QLD and Ballina NSW are both world class, GMP approved facilities, where we continue to invest in the latest, cutting edge equipment. We also source the best free-thinking, local talent, some of whom have been working with MediHerb® right from the beginning.



Empower you, the practitioner

We want to invest in you, and help you in your practice with quality technical support, valuable clinic tools, and first class educational events, bringing you relevant and current research. All with the end goal of meeting the genuine and current health needs of your patients.

Additional Resources:

- *Clinical Guide to Blending Liquid Herbs* - Kerry Bone (Order Code: BKKBCLI)
- *The Essential Guide To Herbal Safety* - Simon Mills; Kerry Bone (Order Code: BKKBESS)
- *Ultimate Herbal Compendium* - Kerry Bone (Order Code: BKUHERB)
- *Eating for Health* - Patient Manual (Order Code: MH0EATPT)
- *Detox for Health* - Menu Plans and Recipe Manual (Order Code: MH0DETPT)
- *Detox for Health* - Patient Guide Pk10 (Order Code: MHDEXG)
- *Building Resilience* - Patient Guide (Order Code: MHBRPG)

Downloadable resources (located under "Clinic Resources" on myintegria.com):

- *Liquid Blends for Immunity*
- *Liquid Blends for Stress*

To discuss herb/drug interactions, please contact Integria Clinical and Technical Support on 1300 654 336 or via live chat on www.mediherb.com.au.

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Customer Care: 1300 654 336

Email: enquiries@integria.com

Product Orders: www.myintegria.com

mediherb.com.au

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1. Melis M, Tomassini Barbarossa I. Taste perception of sweet, sour, salty, bitter, and umami and changes due to L-Arginine supplementation, as a function of genetic ability to taste 6-n-Propylthiouracil. *Nutrients*. 2017;9(6):541
2. Hayes JE, Keast RS. Two decades of supertasting: where do we stand? *Physiology & Behavior*. 2011;104(5):1072-4