

How to use psyllium

This fibre swells up with 16 times its own weight in water, making it the most HYDROPHILIC (water loving) of fibres known.

Compare: oats have a swell up factor of 4 x, wheat swells up 1 x).

It comes as powder (deeper cleansing) or husks (more of a intestinal brush) – they can be mixed together in equal parts to make a cleansing/juice fasting tool.

The trick with psyllium is in knowing how to use it.

Use it wrong and it can create problems.

It works as a broom, sweeping waste along as it passes through.

If you allow it to swell up into a jelly *before* you drink it, it also hydrates the colon.

The point is to consume it when it is fully hydrated, otherwise its going to seek that hydration from inside you. In short it will pull water from anywhere it can, including colon walls. This is why when people are having plenty of psyllium on a regular basis they will be regular sure (unless they are not drinking enough liquid), but they will have hydrated the stool at the expense of colon walls. Result? More likely than not, abdominal distension. Not good.

Generally- don't buy blended products with psyllium + other expensive ingredients. Why? Their benefits are lost.

Anything that comes into contact with psyllium is subject to its unique properties, ie it is brushed through & gets absorbed by it, meaning the nutrient qualities are lost.

So take supplements or juices at another time of the day.

Do NOT take large quantities of psyllium in capsules – they don't hydrate fully.

If you are so inclined, check it out for yourself: put a couple of capsules in a glass of water & see what happens. Stir them & see if you can get all the lumps out. (Hint: you cannot, not without a lot of stirring! And the same dynamic occurs in the gut) The desired result is a smooth & consistent paste; it's not easy to achieve unless fully hydrated.

You may take one or two psyllium capsules for a specific purpose – I will write about this in another info piece paper).

You may also take psyllium on the day of a colonic; the colonic will hydrate the colon, the psyllium will hydrate the stool =win /win (unless you do not tolerate psyllium well)