



STAY HEALTHY  BE NATURAL

INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

The Psyllium

(*Plantago psyllium*) is a plant from the plantaginaceae family. Known as a natural laxative with soothing properties, it is useful against cholesterol and irritable bowel. Psyllium is generally indicated for chronic constipation, because its seeds make it an effective, but harmless natural laxative, thanks to the presence of mucilage, which swells and increases in volume upon contact with water.

Mucilages are polysaccharides of complex chemical composition, belonging to the categories of water - soluble fibers and with an emollient and protective effect for the mucous and laxative. In contact with water, in fact the seeds open completely, increase in volume up to 30 times compared to their dry form, producing a gel capable of increasing the quantity of fecal mass, softening its content. The lubricating effect makes it useful in the case of hemorrhoids and anal fissures, in irritable bowel syndrome and diverticulosis; for constipation in pregnancy and lactation; for children and heart patients and in all cases in which laxatives cannot be taken which cause peristalsis in an aggressive way and muscle contractions.

This ability to facilitate bowel emptying and defecation in a delicate way is called "bulk forming", typical of laxatives that increase and soften the fecal mass (called "mechanical"), particularly appreciated for their safety and effectiveness, because they clean as they pass through the intestinal walls and facilitate evacuation, by mechanical effect. However psyllium is useful not only in case of constipation, but also in case of diarrhea. In the latter case, it acts by absorbing excess fluids and increasing the consistency of the fecal bolus (also called chyme)

The mucilage also has anti-inflammatory and soothing properties on the mucosa, and is therefore indicated in colitis and all irritations of the walls of the gastrointestinal system. Psyllium seeds also boast prebiotic properties, thanks to their ability to promote the growth of a psyllium bacterial flora to the detriment of pathogenic strains with putrefactive action. They are therefore useful for strengthening immune defenses, improving intestinal efficiency and preventing colorectal cancer (***their fermentation gives rise to short-chain fatty acids which, in addition to acting as an energy substrate for the cells of the colon mucosa, appear to exercise a protective role on the development of this pathology***)

Finally, the seeds containing this fibre help to reduce the intestinal absorption of fats and sugars with a decrease in cholesterol and triglycerides and blood sugar levels. A study of 200 subjects who consumed the psyllium cuticle during meals showed that there was an increase in the sense of fullness, reduced appetite, resulting in weight loss

How to use

Like all fibers, taken simultaneously with other drugs can reduce the intestinal absorption of these healing substances, both synthetic and vegetable, They should therefore be taken at least 1 hour prior or atleast 3 hours after ingestion of psyllium. It is important too remember that Psyllium should be taken with plenty of water.

Immerse 1-3 teaspoons of psyllium seeds in 150-200ml of water for each teaspoon, leave to macerate for several hours, or drink with plenty of water, letting the gel form inside the stomach. Take them in the morning and evening, after meals