

THREE SEASONS AYURVEDA



Psyllium Husk

Psyllium (Sat Isabgol) is a natural source of both soluble and insoluble fiber. The soluble fiber in psyllium becomes a mucilaginous substance when mixed with water that cleanses the GI tract of undigested food, fat, sugars, and natural toxins. It helps to maintain healthy blood sugar and cholesterol levels already within the normal range. The insoluble fiber in psyllium works as a bulking agent that helps provide a constant volume of solid material in the intestines irrespective of other aspects of the diet or condition of the gut. As such, it helps promote healthy, regular elimination of the bowels.

Ayurvedic Energetics:

Rasa (taste): sweet

Virya (action): cooling

Vipaka (post-digestive effect): sweet

Doshas (constitutions): Balancing for Vata and Pitta, may increase Kapha.

Directions: Vigorously mix 1-2 level tablespoons daily into at least 12 oz. of water or juice and consume immediately. Be sure to drink plenty of additional fluids throughout the day. Start with smaller amounts and gradually increase over several weeks. 1/4 tsp and work up by 1/4 tsp a meal. Going too fast will cause gas.



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