

Psyllium husk

What is it?

- It is purified psyllium seed husk from the plant *Plantago ovata* (also known as *Ispaghula*), grown in Central India.
- It has 3 times more fibre than bran stick cereals. It's one of the natural world's most concentrated sources of fiber.
- It's Gluten Free.
- It is very low in calories (less than 2 calories per 5g serving).
- It's extremely easy to take - just mix with water, fruit juice, or other liquids of your choice.
- It has been used widely as a natural fibre supplement for many decades.
- It's non habit forming.



What are the Benefits?

Because of its soluble fiber component, it has been widely used for the following health problems:

1. Cholesterol Control - to reduce the risk of high cholesterol-associated illnesses, the US Food and Drug Administration (FDA), intake of at least 3 to 12 grams of fiber can reduce LDL cholesterol as well as total cholesterol levels
2. Constipation - psyllium husk allows for increased absorption of water during digestion resulting to softened stools and reduced pain associated with hemorrhoids
3. Diarrhea - used as an agent for bulk-forming, it can relieve mild and moderate cases of diarrhea by firming up stools and allow for its slower passage.
4. High sugar levels in blood - Proven to lower blood sugar levels in patients diagnosed with diabetes
5. Inflammatory bowel disease - studies have revealed that it can actually regulate consistency and frequency of stool in individuals with this digestive problem. In addition, it reduces bloating and flatulence.
6. Obesity and Weight Loss - improves lipid and sugar levels in the blood effectively reducing body weight
7. Colon Cancer Prevention - some studies have shown possibilities of reduced risk for colon cancer
8. Preparation for Colonoscopy Procedure - cleanses the colon before a colonoscopy.

With the many amazing benefits, including it in your low-fat diet can improve your overall health.

Some of its benefits in details:

HEART DISEASE - LOWERING BLOOD CHOLESTEROL

Soluble fiber (Psyllium) acts as a hypo-cholesterolemic agent.

Soluble fiber (Psyllium) helps block the synthesis of cholesterol through its fermentation into Short Chain Fatty Acids (SCFA) by the intestinal flora (friendly bacteria in the colon).

When soluble fiber reaches the colon, it starts a fermentation process with the gut flora producing SCFA.

Several studies of Fiber Therapeutic Diet are done at New Orleans, at the University Of Kentucky College Of Medicine in Lexington and at Chicago Center of Clinical Research.

These studies showed that when soluble fiber (Psyllium) is consumed either with high or low fat diet, it helps decrease total as well as LDL cholesterol.

DIABETES - BLOOD GLUCOSE CONTROL

Psyllium helps control the rise of blood glucose following a meal.

It also helps reduce insulin requirement in-patients with diabetes mellitus.

COLON FUNCTION

Psyllium treats / prevents constipation or diarrhea.

Soluble fiber in Psyllium adds bulk to faecal mass.

It increases activity in bowel movement and increases intestinal transit time.

It helps keep regularity. Psyllium acts as a detoxifying agent.

Through its ability to absorb large amounts of water, it binds with heavy metals and chemical toxins.

Psyllium is useful during radiation therapy due to its ability to rid the body of radiation induced toxemia.

DIVERTICULOSIS / DIVERTICULITIS

Psyllium increases the bulk of the material reaching the colon.

It increases bowel movement and reduces the pressure on gastrointestinal (GI) walls.

Such control helps decrease symptoms associated with diverticulosis.

It also helps avoid diverticular inflammation (diverticulitis).

COLON CANCER

Psyllium increases the bulk of the stool and decreases transit time.

This dilutes the concentration of potential carcinogens in the stool.

It also decreases the exposure of intestinal wall to the toxic compounds found in the stool.

WEIGHT CONTROL

Psyllium mucilage absorbs water and expands substantially.

In the stomach, Psyllium expansion produces feeling of fullness.

This causes a decrease in food intake.

Psyllium has no harmful chemical side effects; it is just an herb that is loaded with beneficial soluble fiber.

Animal Feed:

1. Psyllium is used for Veterinary practices because psyllium seed husk contains 80 percent water-soluble fiber, it has the ability to capture and move sand through a horse's digestive system.
2. To prevent choking when feeding psyllium, a horse should have unlimited access to water, and horses that bolt their grain should be slowed down with large rocks in their feeders.
3. Psyllium is also used as horse feed, even foals feed without any harmful side effects.
4. Psyllium is used as a preventive for sand accumulation in animals mainly in sandy region.

Some Brands available in the Bahraini Market

Those from health shops are way overpriced these are cheap and good

(475fils)



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