

AIM Cascara Sagrada

Anyone who suffers from constipation knows how miserable this condition can be. Diet is often the main culprit. We eat too much processed food and sugar and not enough fiber, fruits, and vegetables. Poor eating habits, such as eating too quickly or irregularly, exacerbates the problem. Other causes include inactivity; depression; metabolic imbalances, such as low hormone levels; chronic illness, such as diabetes; the use of iron supplements, as well as the use of some prescription drugs. Constipation can become an uncomfortable problem, which can lead to other more serious health issues.



in forests ranging from northern California to British Columbia. The reddish-brown bark of the tree was used by various Native American tribes, who passed on their 'sacred bark' to the Spanish explorers. Other European settlers later adopted this traditional remedy for constipation and digestive discomfort, but it was not until 1877 that cascara sagrada became widely recognized by the international pharmacopeia.

Today, the bark is aged or cured and then ground into a powder before it is used in commercial preparations. Cascara sagrada is recognized as a safe and effective herb by the U.S. Food and Drug Administration and Health Canada.

There are two main types of constipation. Acute constipation involves short-term bloating, discomfort, and inability to evacuate the bowels and is most often caused by a lack of fiber, water, and exercise. Chronic constipation is the inability to readily evacuate the bowels over longer periods – months or years. Ongoing constipation can lead to indigestion, hemorrhoids, flatulence, diverticulitis, bad breath, body odor, insomnia, varicose veins, and more critical health problems.

For those who suffer the inconvenience of occasional constipation, there is welcome relief with AIM Cascara Sagrada. Cascara sagrada bark can produce a mild, gentle effect and is recognized as a safe, natural alternative to the otherwise harsh, over-the-counter remedies.

Cascara sagrada –

Cascara sagrada (botanical name, *Frangula purshiana*) is a deciduous tree native to the Pacific Northwest and can be found

Promotes fast, gentle results

Cascara sagrada has been tested in a number of clinical trials for its value in thorough, yet gentle cleansing of the colon. Clinical researchers have isolated several anthraquinone glycosides, which are the compounds that stimulate bowel activity. These active substances promote blood circulation and nerve center stimulation, causing increased peristalsis, the vigorous wave-like contractions of the large intestine that keep food moving through the digestive system. When the process speeds up, the body produces a softer, quicker bowel movement because the intestine has had less time to absorb liquid from the stool.

Cascara sagrada is valued for its usefulness in detoxification and colon cleansing and has been used in cleansing programs prior to surgery or bowel exam. Studies have shown that cascara sagrada is especially gentle and effective in easing chronic constipation in elderly people.

Combined with conventional measures to soften the stool, such as adding plenty of fiber to the diet, as well as water and exercise, the use of cascara sagrada makes sense for the relief



of occasional constipation, and it can prevent the pressure and pain associated with hemorrhoids and anal fissures. In fact, by speeding up the bowel movements, hemorrhoids may be less likely to develop.

How to use AIM Cascara Sagrada:

Take 1 capsule daily. For adult use only. Should not be used for a period longer than one week unless directed by a doctor.

Keep out of reach of children.

Close tightly after opening and store in a cool, dry, dark place (70-75 °F; 20.1-23.8 °C). Do not refrigerate.

Q & A

Can I take AIM Cascara Sagrada with other AIM products?

Yes, you can take AIM Cascara Sagrada one hour before or 30 minutes after taking AIM BarleyLife®, AIM Just Carrots® or AIM RediBeets®. It is not necessary to take AIM Cascara Sagrada with AIM Herbal Fiberblend®. Either one capsule of AIM Cascara Sagrada or two servings of AIM Herbal Fiberblend® supplies you with the recommended 20 to 30 mg of cascarioside A daily. AIM Cascara Sagrada can be combined with AIM fit 'n fiber®.

Is there anyone who should not use AIM Cascara Sagrada?

Consult your health care provider prior to use if taking cardiac glycosides, corticosteroids, or antiarrhythmics. Do not use if you are pregnant, breastfeeding, taking drugs inducing hypokalaemia or thiazide diuretics, or if you have intestinal obstructions.

Benefits and Features

Benefits

- Helps provide relief from occasional constipation
- Promotes a soft stool
- Works gently and efficiently
- Helps to tone the colon and provide complete detoxification
- May be used with dietary fiber to help maintain colon health

Features

- Historically proven safe and effective
- Completely natural herbal formulation
- Works effectively to produce results within six to eight hours
- Mild enough for use with the elderly
- 60-count vegetarian capsules

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