

## Intestinal Broom Powder

This mixture can be used to increase the release of waste in you colon. It is a good alternative to the Intestinal Draw Formula.

2 Tb psyllium seeds

2 Tb chia seeds

2 Tbsp. flaxseeds

1 tsp fenugreek seeds

2 Tb slippery elm powder

1 tsp. marshmallow root

- Using a spice grinder or coffee grinder, grind the ingredients into a fine powder. If it doesn't all fit you can do it in batches and then mix it together
- Add 1 tsp to any juice or smoothie to keep things moving.
- Store in a glass jar in the refrigerator.