



# Triphala

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What it's used for:

Triphala eases digestive problems, both constipation and diarrhea. It can be used as a general tonic, especially for those with Irritable Bowel Syndrome (IBS) and has remarkable anti-stress, anti-cancer, and antioxidant properties.

What it is:

Triphala is an Ayurvedic herbal combination of “three fruits” – which constitutes the derivation of the name tri-phala. When combined, Terminalia chebula (Haritaki), Terminalia bellerica (Bibhitaki), and Emblica officinalis (Amalaki-Indian Gooseberry) create one of the most time treasured tonics of the herbal world.

Although each herb (fruit truly) “stands up” on its own, it is the combination that proves the most balancing for most all body types. Amalaki has the highest known concentration of vitamin C of any known fruit. Haritaki is time honored for its ability to promote resistance to stress. Bibhitaki is a powerful bowel tonic. What we do know about Triphala comes from hundreds of years of clinical experience.

Excellent animal studies confirm the foundation for Triphala's traditional usages. A recent trial confirmed that Triphala dramatically reduced diarrhea in animal models. Furthermore, Triphala has been shown to help regulate cholesterol, blood sugar, and stop all of the oxidative damage and excess cortisol levels involved in the stress response. It also has been shown as active against pancreatic and breast cancer. Interestingly, the rate of pancreatic cancer in India is vastly lower in regions where Triphala usage is common.

The most important thing for you to know about Triphala is that it is safe, time honored, and one of the best bowel tonics known. I primarily utilize Triphala as a “tonifier” for aiding people with constipation, diarrhea, IBS, or as a gentle daily aid for detoxification. As one of the most useful combinations from the traditional Ayurvedic system of herbology, we know that this tonic can be taken safely for as long as the individual might need. For those fatigued with a stressful lifestyle, there is ample evidence that Triphala can gently help your body fight off the ravages of stress. For those of you who have a family history of cancer, consider taking advantage of triphala's anti-cancer properties.

Caveats: There are no known drug or herb interactions. Triphala is safe to use during pregnancy and nursing.

Dosage: Triphala from Planetary Herbals – 2 tabs (2000mg) twice daily with or without food.

In Good Health,  
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