

Scientific References

“High-fiber diet keeps gut microbes from eating the colon’s lining, protects against infection, animal study shows”, article available at:

<https://www.uofmhealth.org/news/archive/201611/high-fiber-diet-keeps-gut-microbes-eating-colon%E2%80%99s-lining>

“Bentonite clay: 11 benefits and uses”, article available at:

<https://www.medicalnewstoday.com/articles/325241>

“You’re full of crap. Literally”, article available at:

<https://www.mcgill.ca/oss/article/health/youre-full-crap-literally>

“A 24-Year-Old Man's 'Megacolon' Burst After He Was Constipated for Nine Days”, article available at:

<https://www.menshealth.com/health/a22839233/megacolon-burst-constipation/>

“Symptomatic efficacy of beidellitic montmorillonite in irritable bowel syndrome: a randomized, controlled trial”, study available at:

<https://pubmed.ncbi.nlm.nih.gov/15709995/>

“Millions of Americans have a parasite and don’t realise it”, article available at: <https://www.vice.com/en/article/a3m88j/millions-of-americans-have-a-parasite-and-dont-realize-it>

“Preventive obesity agent montmorillonite adsorbs dietary lipids and enhances lipid excretion from the digestive tract”, study available at:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4759552/>

“9 Ways Lactobacillus Acidophilus Can Benefit Your Health”, article available at:

<https://www.healthline.com/nutrition/lactobacillus-acidophilus>

““A Randomized Double-blind Controlled Trial of Lactobacillus acidophilus Plus Bifidobacterium bifidum versus Placebo in Patients with Hypercholesterolemia”, study available at:

<https://pubmed.ncbi.nlm.nih.gov/25954637/>

“Walnuts may promote health by changing the gut bacteria”, article available at:

<https://www.sciencedaily.com/releases/2017/07/170728100832.htm>

“Top 5 benefits of drinking Aloe”, article available at:

<https://www.detoxwater.com/blogs/news/top-5-health-benefits-of-drinking-aloe>

“Effect of Aloe vera juice on growth and activities of Lactobacilli in-vitro”, study available at:

<https://pubmed.ncbi.nlm.nih.gov/23762993/>

“Aloe probiotics are very acid tolerant”, article available at:

<https://www.nutritionaloutlook.com/view/probiotics-aloe-are-very-acid-tolerant>

“Aloe vera and probiotics: A new alternative to symbiotic functional foods”, study available at:

<https://orbit.dtu.dk/en/publications/aloe-vera-and-probiotics-a-new-alternative-to-symbiotic-functiona>

“The 19 Best Prebiotic Foods You Should Eat”, article available at:

<https://www.healthline.com/nutrition/19-best-prebiotic-foods>

“This Pantry Staple Could Do Wonders for Your Microbiome, Study Says”, article available at:

<https://www.cookinglight.com/news/flaxseed-gut-health-benefits>

“The top health benefits of prunes”, article available at:

<https://www.healthline.com/health/food-nutrition/top-benefits-of-prunes-prune-juice>

“9 health benefits of eating oats”, article available at:

<https://www.healthline.com/nutrition/9-benefits-oats-oatmeal>

“10 promising benefits of apple pectin”, article available at:

<https://www.healthline.com/nutrition/apple-pectin>