

Thyme For Me/July

Aroma Therapies Spa/814-443-1217

KATHY'S BLOG

Carminative Therapy-

Gas pains can cause terrible discomfort in the body. They can be felt in the upper part of the small intestine, the stomach area and the lower bowel. All these areas are susceptible to this type of discomfort. These pains are generally caused by overeating, improper food combining, constipation, eating while sick, emotional upset causing improper digestion, poisonous foods, etc. As you can see all of these things can be avoided, but if you are confronted with an outbreak of gas, there are herbs to the rescue.

Carminative herbs are herbs that not only help relieve the gas, but they will also help tone digestion and increase deep circulation which promotes healing. Carminatives are also excellent to use to help break fevers, as they will produce inner heat.

One of the best combination teas to use to treat bloating gas and indigestion is peppermint and chamomile. Peppermint is quite stimulating to the gastric membrane, an excellent digestive aid and activates the secretory organs. The chamomile supports the peppermint and adds the soothing relaxing energy that is needed for proper digestion. This combination will aid the overall digestion and reduce the bloated feeling often associated with overeating. The Oriental people serve a traditional tea – Oolong Tea, after and with the meal. I have read studies where this tea helps the assimilation of the food and helps it evacuate from the system, thereby not allowing fat cells to develop.

As you know ginger is one of my favorite herbs and it can be safely added to just about any herbal combination. You can even add it to the peppermint/chamomile to help stimulate and quicken the effects.

One more thing. I have noticed that many people with stomach disorders and improper digestion respond very well to acidophilus. This is found naturally occurring in products such as yogurt, cheese, miso, kefir, etc. It can also be taken in a dried form and taken in capsules.

Many people are suffering from constipation and the addition of acidophilus to their diet in combination with increased water intake, often gives relief.



**Rockwood Grove
Farmers' Market**




Thursdays
3:00pm - 7:00pm



June-September



**WHENEVER THERE'S
A BIG STORY IN
THE MEDIA, LOOK
FOR THE STORY
THEY'RE TRYING
TO DISTRACT
YOU FROM.**



THE MIND UNLEASHED
PROTECT YOUR OWN PERSONAL