

Common causes for Indigestion

Indigestion: include overeating, eating too quickly, fatty or greasy foods, too much caffeine, too much alcohol, too much chocolate, nervousness, and emotional trauma.

Indigestion, also known as dyspepsia, is a term used to describe one or more symptoms including a feeling of fullness during a meal, uncomfortable fullness after a meal, and burning or pain in the upper abdomen; it may cause bloating, belching, and nausea.

Fennel promotes the functioning of the kidneys, liver, and spleen, and also clears the lungs. Relieves abdominal pain, colon disorders, gas and gastrointestinal tract spasms.

You may want to try one of these natural aids for indigestion. Herbs have been used for centuries to treat ailments.

Fennel / Fennel Seed.

Fennel seeds promotes the functioning of the kidneys, liver, and spleen, and also clears the lungs. Relieves abdominal pain, cramps, colon disorders, gas and gastrointestinal tract spasms.

Fennel has a long history of use in both food and medicine. Traditionally, it is said to act as a carminative, which means that it helps the body expel gas and sooth indigestion.

Fennel leaves can be used to make tea, 1 to 1 1/2 teaspoons of seeds per day.

Lemon Balm

Lemon balm is a member of the mint family and has been a favorite since the Middle Ages for reducing stress and anxiety, abetting sleep, sparking appetite, and easing indigestion.

Lemon balm is commonly mixed with other calming herbs to help promote relaxation. Evidence suggests that lemon balm, in combination with other herbs, may help treat indigestion -- although just soothing the stress alone can sometimes help with dyspepsia.

Tea: (1/4 - 1 teaspoonful) of dried lemon balm herb in hot water. Steep and drink up to 4 times daily.

Turmeric

Turmeric is super bright, spicy, and boasting a broad array of health claims. You may know it as the main spice in curry and the one which imparts that intense golden glow, but turmeric is also used for health remedies. In traditional Chinese medicine and Ayurvedic medicine, turmeric has been used to aid digestion and liver function, relieve arthritis pain, and regulate menstruation. It has also traditionally been used for heartburn, stomach pain, diarrhea, intestinal gas, and stomach bloating.

Ginger

Ginger has long been used as a medicine in Asian, Indian, and Arabic herbal traditions. In China, ginger has been used to aid all types of digestion disorders for more than 2,000 years. Modern medicine and health care professionals still commonly recommend ginger to help prevent or treat nausea and vomiting. It is also used as a digestive aid for mild stomach upset.

Artichoke Leaf

In traditional European medicine, the leaves of the artichoke plant (not the leaves of the bud, which is the part that we eat) were used as a diuretic to stimulate the kidneys and as well as the flow of bile from the liver and gallbladder; which plays a role in digestion.

Peppermint

Peppermint is often used to soothe an upset stomach or to aid in digestion. Because of its subtle numbing effect, it has been used to treat everything from headaches, skin irritations, and anxiety to nausea, diarrhea, menstrual cramps, and flatulence.

Peppermint oil seems to be helpful for a variety of conditions that involve spasm of the intestinal tract. Most studies have involved irritable bowel syndrome.

Peppermint relaxes the muscles that struggle with digestive gas and improve the flow of bile, which the body uses to digest fats. In studies on using peppermint to treat IBS, there seems to be a trend indicating mild effectiveness in the reduction of some symptoms, especially flatulence and abdominal pain and distension.

Peppermint is a stimulant and should not be used by anyone with irregular heartbeat or high blood pressure. If your symptoms of indigestion are related to a condition called gastro esophageal reflux disease or GERD, peppermint should not be used.

Cayenne / also called Capsicum, hot pepper, and red pepper

This one is confusing: Doesn't spicy food cause stomach aches? According to NYU, evidence suggests that oral use of cayenne can reduce the pain of dyspepsia! Apparently hot peppers don't actually inflame the tissues they contact; in fact, hot peppers aren't even harmful for ulcers. Rather, they merely produce sensations similar to those caused by actual damage. Oral use of capsaicin seems to reduce discomfort in the stomach. Aids digestion, improves circulation, and it is said it stops bleeding from ulcers. The list is long on cayenne, but this is about digestion.

For these and all herbs, do not exceed dosage recommendations, and be sure to consult with your doctor if you are pregnant, nursing, or taking any medication.

