

## 6 Herbs That Enhance Digestive Health

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**SAGE**  
In addition to helping the stomach digest protein, sage also helps to dispel gas.

**THYME**  
Because it also has antiviral compounds, adding thyme to foods can help a tummy weather a virus.

**PEPPERMINT**  
Fresh peppermint is the number one choice when it comes to treating constipation, diarrhea, bloating, gas and indigestion. Its tea form is highly useful as well.

**OREGANO**  
A highly alkaline herb, making it the ideal choice for fighting inflammation as well as acidity.

**ROSEMARY**  
A good remedy for indigestion, bloating, gas, pain and constipation.

**LAVENDER**  
When a person becomes tense and anxious, their digestion begins to slow. Using lavender in foods can help calm the intestines and keep them moving as they should.

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