

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.

Natural News.com
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Source: www.naturalnews.com/046371_digestive_herbs_peppermint_natural_medicine.html