

6 Herbs That Enhance Digestive Health

6 HERBS THAT ENHANCE DIGESTIVE HEALTH

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
Verfassen Sie Ihre Kommentare per la Garcia, Notwendig.

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