



# RECIPE FOR Wellness NEWSLETTER

## HOME REMEDIES

Issues with digestion are extremely common: nausea, vomiting, diarrhea, constipation or simply upset stomachs are, for the most part, routine. The problem arises when an over-the-counter is the go-to response. Any antacid or bismuth product (brand name: Pepto-Bismol) will begin to affect the acid production in the stomach. Just as too much acid can create digestive issues, too little may also have a detrimental effect. Consider reaching for fresh herbs before an over-the-counter product.

Digestive bitters have been recommended to pique the appetite and spark digestive juices. An “aperitif” or pre-dinner drink will typically include herbs such as gentian, cascarrilla, orange peel, cardamom, coriander or juniper. A salad of bitter greens before a meal will have the same effect. For instance, endive, arugula, dandelion leaves and radicchio will prepare the body for digestion, naturally. As well as artichoke leaves.

Artichoke, or its botanical cousin, milk thistle, support liver health and artichoke extract reduces both digestive issues and the symptoms of irritable bowel syndrome.

Fennel, can help expel gas and is an antispasmodic, so it helps with cramping.

Peppermint has soothing properties and so will also work as an antispasmodic and has anti-nausea and analgesic properties. Meaning it can relieve stress induced headaches and upset stomachs. Peppermint oil capsules have been shown safe and effective in children and adults.

Chamomile is traditionally available as a tea when combined with other herbs such as milk thistle or peppermint it may successfully manage most symptoms of irritable bowel syndrome or other digestive disorders.

The best researched herb for nausea, that also happens to have analgesic and anti-inflammatory properties, is ginger. Studies show it counters motion sickness, post-operative nausea and vomiting as well as morning sickness. Please note that pregnant women should take no more than 1 gram a day.

The anti-inflammatory properties of Slipper Elm Bark and Marshmallow Root will help relieve intestinal tract distress and tea can be made from either of these plants. Slipper Elm Bark is also available in a capsule.

Finally, tea made from the leaves and/or roots of red or black raspberries is a traditional diarrhea remedy.



Source: modified from [motherearthliving.com](http://motherearthliving.com)

## DID YOU KNOW?

Modern medical science is now confirming the use of coconut in treating many conditions. Published studies in medical journals show that coconut may provide a wide range of health benefits including:

- Kills viruses that cause influenza
- Kills bacteria that cause ulcers, urinary tract infections, gum disease and more
- Kills fungi and yeast that contribute to ringworm, athlete’s foot, thrush and more
- Boosts energy and endurance
- Improves digestion and absorption of other nutrients including vitamins, minerals and amino acids
- Helps relieve symptoms and reduce health risks associated with diabetes
- Improves calcium and magnesium absorption and supports the development of strong bones and teeth
- Supports tissue healing repair
- Supports and aids immune system function and works as an antioxidant

As always, discuss any sudden changes in your diet or medical care with a health care professional. This information is not meant to imply that coconut can treat or cure diseases.

Source: [modified from motherearthliving.com](http://motherearthliving.com)

### INSIDE THIS ISSUE

- Page 1** Home Remedies
- Page 1** Did You Know?
- Page 2** Family Time
- Page 2** Feature
- Page 3** Feature: Wellness Snacking
- Page 4** Recipes