

ABDOMINAL GAS & BLOATING – QUICK TIPS

The average person passes gas around 12 to 25 times each day. Often it is unnoticeable and sometimes it is! Large, frequent expulsions of gas are not typical. To combat these uncomfortable situations, natural remedies can be used to mediate the situation.

Belching and Burping

Some of the best natural ways to beat belching are already in your kitchen.

- Ginger - A cup of ginger tea not only stops belching, it also soothes the digestive system. Grate ginger root and simmer for 10 minutes or longer for a stronger taste. Organic ginger powder can also be used if fresh root is not available. Add ginger to your foods. For those who do not enjoy the taste but wish to benefit from its helping hand can purchase ginger supplements.
- Cardamom: relaxes an overactive stomach by soothing muscle spasms that contribute to belching.
- Chamomile and Peppermint tea
- Baking Soda – ½ to 1 tsp. mixed in 3-4 ounces of water, as needed

Taming Flatulence

- Pumpkin
- 1 teaspoon of lemon juice with ½ to 1 teaspoon of baking soda in a cup of lukewarm water
- Rosemary, sage, and thyme: counteract the effects of gaseous foods. These herbs as essential oils can be rubbed on the area of discomfort.
- Cinnamon, clove, and fennel
- Ginger and cardamom

Natural Ways to Reduce Abdominal Bloating

Abdominal bloating is uncomfortable and often unnecessary. Intestinal gas may not actually make the abdomen bigger but it may feel that way.

- Activated charcoal: absorbs excess intestinal gas. It offers the added bonus of absorbing toxins. Charcoal supplements should be taken in advance of meals as a preventative.
- Parsley is a simple, natural way to fight gas and bloating: fresh minced or dried
- Apple Cider Vinegar – ½ tsp. to 2 tbsp. in water

Maureen Fontaine, 250-661-6224

B.Ed., Certified Darkfield Microscopic – Trainer/Mentor/Coach
Health & Wellness Consultant, Master Herbalist, Spiritual Intuitive & Ontological Life Coach, Instructor – Pacific Rim College