

# Five everyday herbs for indigestion



Most people think that indigestion is simply the result of eating a meal that is too heavy or too rich or spicy. But while it's true that scarfing down a third cheeseburger and washing it down with a milkshake can really upset the stomach, overindulgence in food is not the only reason why people get indigestion. For some, it is linked to high stress levels and is a physical reaction to feelings of anxiety or worry. For others, it is a matter of wearing clothing that is too tight or restrictive. Whatever the cause, indigestion can really make people suffer, and that fact that there are so many prescription and over-the-counter drugs to treat it attests to how common this condition really is. However, there are also natural ways to help treat digestion that can soothe an upset stomach and restore the digestive system without having to resort to conventional medications.

## **Bitter orange**

This is actually one of several "bitter" herbs which is thought to help the functioning of the digestive system. It can, for instance, increase the production of saliva as well as the production of stomach acids and digestive enzymes. This increase means that digestion tends to be more efficient and that an upset stomach is less likely.

## **Chamomile**

Chamomile is mostly thought of as an herb to treat insomnia or anxiety. However, its uses go far beyond just getting a good night's sleep. Chamomile contains compounds which can help to soothe irritation along the lining of the digestive tract and reduce the inflammation that is the root cause of so much gastric pain during a flare-up.



### **Dandelion**

Dandelions are often promoted as a detoxifying or cleansing agent which can improve kidney function and make it easier to remove wastes from the body. This can be useful if overindulgence has been a problem and taking this as a tea or tincture can help to increase stomach acid and make the body more efficient at breaking down food and eliminating it so that it does not cause any gastric upset.

### **Dill**

It's not just for pickles anymore! The carminative properties of dill can help to gently relieve problems of gas and bloating in the stomach and intestines, and it is, in fact, so gentle that it can even be used on babies who are suffering from colic.

### **Fennel**

Chewing fennel seeds after indulging in a rich or heavy meals has long been a popular tradition in India. That is because fennel seeds are known to be able to aid digestion, prevent flare-ups of stomach upset, and also prevent problems with gas and bloating due to its carminative properties. It can also be drunk as a tea after a heavy meal.

So if [indigestion](#) is a problem, don't despair. Try any of the herbs listed above. With regular consumption, all of these herbs have compounds and properties that can improve the digestive system and make the discomfort of indigestion a thing of the past.