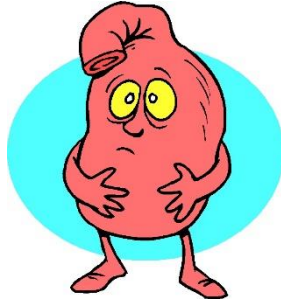


# Tummy Alert

Constipation, Nausea & Vomiting, Gas & Bloating, Diarrhea



This will not cover chronic problems like inflammatory disease, Crohn's disease, irritable bowel syndrome, etc. but the digestive problems that pop up now and then.

## **Constipation: Difficulty passing stools.**

Lack of fiber is not the only cause of constipation but is the most common. Insufficient water and not enough good fats in the diet can also be a cause.

Add more greens to your diet. If you do not like greens try the green powder capsules or adding green powders to your smoothies.

Too many carbohydrates. Notice after celebrating a holiday besides having a sugar hangover you are also constipated?

Stress can cause constipation, as can certain medications and mineral supplements, nerve damage, hypothyroidism and even antihistamines. Sometimes herbs with mild laxative properties like Licorice root and Lobelia will help.

Lack of exercise. Your body was designed to move. The intestines require movement to function correctly. Sometimes just walking will help.

When adding more fiber to your diet bring plenty of water. Not enough water with your fiber will cause constipation.

Psyllium seed husk (the active ingredient in Metamucil) is the most common form of bulk forming laxatives. Remember plenty of water. Drinking with apple juice will make the Psyllium seed more effective.

If you are past that point and need immediate relief:  
Senna, is the most used herbal laxative in the world. After that is the herb, Cascara Sagrada. These are stimulants and should only be used as a last resort and not on a regular basis.

The safest ways to take these harsh laxatives is combined with gentler herbs like fennel seed and licorice root. Take these according to package directions.

### **Nausea and vomiting, Gas and Bloating**

These are lumped together because you will use the same carminative herbs. They relieve gas by helping to dispel the gas, calm the intestines and are antispasmodic.

### **Ginger**

Ginger tea, Crystallized Ginger Candy, a good Ginger Ale will help. Ginger Oxymel or Glycerin tincture.

**Ginger** is the number one choice for motion sickness and is as effective as Dramamine and will not make you sleepy.

For motion sickness take capsules equal to 1500 milligrams 30 minutes before travel.

Ginger Oxymel and Ginger Glycerin tincture.

Caution: Pregnant women should not take more than 1 gram of powdered Ginger per day. Use caution if you are on blood thinners. May cause heartburn.

If you cannot handle Ginger, try **Peppermint** tea, only steep for 2 minutes. Try Peppermint lozenges or candy, Peppermint Glycerin tincture.

Avoid taking Peppermint internally if you have esophageal reflux or heartburn. Try Peppermint externally.

Essential oil of **Peppermint** or **Patchouli** diluted 50/50 with carrier oil, massage behind the ears and around the navel 2-3 times daily.

A drop or 2 of essential oil of Peppermint on the lips or tongue.

Other herbs to consider or add to the mixture are Fennel seeds, Dills seeds, Caraway seeds.

**Licorice Root Tincture:** Licorice Root is a mild laxative, sometimes moving the bowels slightly will help move the gas on out.

### **Lobelia Tincture**

2-3 drops will calm the stomach and stop dry heaves. 2-6 drops to stop vomiting. Depending on the formula up to ¼ teaspoon may be needed.

Caution: Too much will cause vomiting, do not use if pregnant

**Caution: Do not give or apply essential oil of Peppermint to children under 3.**

## **Vomiting**

### **Activated Charcoal:**

1-2 large spoon full of charcoal mixed with a small amount of water. If you can follow with a glass of water. If you throw this up, take it again. Take up to 3 times.

Activated Charcoal is also available in capsules.

If you are taking the activated charcoal for gas, save this for extreme times when the other remedies have failed.

### **Seek medical attention if:**

Vomit contains bright red blood.

Vomiting follows an injury to the abdomen.

Vomiting accompanied with abdominal pain or the abdomen is tender to the touch.

Vomits more than once after a head injury.

Vomiting is persistent especially in infant or small child.

Vomit accompanied by signs of dehydration:

Dry mouth, sunken eyes, severe thirst, decrease in amount of urine, irritability.

The pinch test located in the Fever section.

Child recovering from the flu or chicken pox and has persistent vomiting along with behavioral changes.

Vomiting has not stopped within 12 hours.  
Develop a fever higher than 103°f.

**Vomiting with Diarrhea:** Seek medical attention

**Diarrhea without vomiting and Person is not diabetic.**

Diarrhea: urgent, frequent, watery bowel movements, the body is trying to get rid of something. Day one, let the body do its job. If your diarrhea has not responded to herbal treatment after 2 days seek medical attention.

All diarrhea causes you to lose water and minerals. If you do not replace the water and the lost minerals you will become dehydrated and have an electrolyte imbalance which can lead to nervous system disorders.

People all over the world die of dehydration not the diarrhea itself. You need, water, sugar (refined sugar, not honey or molasses), and salt.

**Rehydration Formula: 1 quart of water, 6 teaspoons of refined sugar, 1/2 teaspoon of salt.**

**Or: Emergence C or sports drink**

**Cramps and spasms** with diarrhea: Caution if pregnant or breast feeding.

Wild Yam tincture, this is not sweet potatoes or yams from the grocery store. 1/2 dropper full until the cramps stop. If this is not working try an antispasmodic like Valerian.

**Stopping diarrhea:**

**Strongest remedy: Blackberry root bark tincture**

½ teaspoon every 30 minutes. Even though Blackberry root tincture is on the FDA's safety list you may not find this in the stores.

Blackberries grow wild all over the country. Harvest the roots in the fall and winter. Keep dried roots on hand to make an herbal tea. It is a root, so it must be simmered 10-15 minutes, (decoction).

This could easily be made into Jello or Gummy. See How to Make section.

Keep a sealed simmered glycerite on hand.

**2<sup>nd</sup> on the list: Blackberry, Blueberry or Raspberries or Bilberries jellies, wines, or jams if the seeds have been removed (seeds will have a laxative effect).**

These berries have tannins which tighten and tone the intestinal lining, which prevent the toxic or irritating substances from being reabsorbed into the intestines.

Take a 2 spoonfuls every 30 minutes until the diarrhea stops.

**Berry remedy for diarrhea:**

3 heaping tablespoons of dried berries

2 cups of water

Bring water and berries to a boil and simmer for 15 minutes. When the mixture has cooled, strain and bottle and store in the refrigerator. Take 2 tablespoons every 30 minutes until diarrhea stops.

**Yarrow tincture: 10-15 drops 3 times a day.**

**Mild Diarrhea:** Meadowsweet

**Causes:**

**Chronic conditions:** like inflammatory bowel diseases and irritable bowel diseases. These conditions require a skilled medical professional for the root cause, you can treat the symptoms.

Try activated charcoal. 4-6 capsules between meals 3 times a day.

Herbs that are nerviness or anti-spasmodic:

Best for the gut: Chamomile, Catnip, Meadowsweet, use individually or combined.

Teas are best, alcohol or glycerin tinctures will work.

**Infectious:** bacteria, bad food or water

You are not trying to stop the diarrhea because the body needs to get rid of the bacteria...

**Activated charcoal** will absorb the pathogens and the toxins that they create.

Activated charcoal will also absorb any herbs or medications also. So, wait at least 20 minutes after giving herbs or medications before giving the charcoal.

Activated charcoal for diarrhea:

1-2 teaspoons of activated charcoal per ½ cup of water, should be a thin slurry

Drink this 2-3 times the first day.

Or: Activated charcoal capsules: 2 capsules 3 times a day.

**Non- infectious:** stress, food allergies, medication

***Stress related diarrhea:*** Use herbs that are calming: nervines or anti-spasmodic.

Best for the gut: Chamomile, Catnip, Lemon Balm, or Meadowsweet, use individually or combined. Valerian, and Lobelia can work.

Teas are best, alcohol or glycerin tinctures will work.

Seek Medical attention if:

Diarrhea last more than 3 days.

Babies younger than 6 months, more than a day.

Signs of dehydration:

Dry mouth, sunken eyes, severe thirst, decrease in amount of urine, irritability.

Pinch test, pg. 39

Severe abdominal pain

Fever over 101°f

Prolonged diarrhea after a camping trip or traveling overseas.

Activated Charcoal:

If you do not drink enough water with charcoal or just have a sensitive digestive system it can be constipating.

Drink more water and cut your dosage in half.