

Natural Remedies for an Upset Stomach

The below remedies are meant to relieve the occasional bout of stomach discomfort. They are NOT meant to be taken as medical advice. If you are experiencing severe stomach pain or chronic stomach pain, you should seek the care of a naturopathic doctor or other medical professional to investigate your symptoms.

Ginger Tea

Ginger is a versatile herb with a host of health benefits, from decreasing inflammation to improving circulation. It also happens to be a great home remedy for treating an upset stomach with nausea. Fresh ginger tea works best, but ginger tea bags are also an effective substitute.

Here is how to quickly make fresh ginger tea:

1. Wash a 1-inch piece of ginger root
2. Slice it into 4-6 thin pieces, and place them into a mug
3. Pour boiling water over the ginger slices
4. Let steep for 5-10 minutes
5. Add a squeeze of lemon or a few drops of honey, if desired

For an on-the-go aid, look for ginger chews at your local health food store, and pop a few in your briefcase or purse. Just make sure they are not too high in sugar!

Peppermint Tea

Do you wonder why it's customary to receive a mint after a meal? It's because for hundreds of years, it's been known that peppermint can soothe the stomach after an over-indulgent meal. Peppermint is used for colic, flatulence, irritable bowel syndrome, general indigestion, nausea, and vomiting, among other ailments. Instead of reaching for a peppermint candy, try a warm cup of peppermint tea. Any store brand will work—just look for an organic version.

Chamomile Tea

Chamomile is a gentle, relaxing herb that is meant to calm the nerves and soothe the stomach, especially when there is indigestion, gas accompanied by pain, inflammation in the gastrointestinal tract, and gastric ulcers. Chamomile is often suggested to newborns suffering from colic, but it also works great for adults.

Cut out the C.R.A.P

If you are having tummy troubles, especially reflux or indigestion, one of the best solutions is to give your stomach a break. This can be done by avoiding certain food and drinks that often irritate the stomach and intestines.

Here is how to cut out the C.R.A.P:

AVOID:

- C** – Caffeine, Chocolate, Cigarettes
- R** – Refined carbohydrates
- A** – Alcohol, Acidic foods
- P** – Processed foods, Pop

Fennel Tea

Fennel is another herb with many healing qualities. One area where it shines is indigestion, especially after a fat heavy meal. You often find fennel seed in sausages—this is not just for flavor! Historically, fennel seed was added to assist in digesting the fat included in the sausage. Fennel tea is common at the health food store, and you can also make your own out of fresh fennel seeds.

Here is how to make a quick fennel tea:

1. Measure 1-2 teaspoons of whole fennel seeds
2. Crush the seeds with the back of a spoon, side of a knife, or mortar and pestle
3. Put crushed seeds into a mug, and fill with boiling water
4. Allow the seeds to steep for 2-3 minutes—any longer and the volatile oils start to get destroyed (these are the compounds that are medicinal).

Add Heat

Whether you have bloating, gas, or just overall discomfort, adding heat to the abdomen can help to significantly reduce the pain. Heat increases the blood flow at the skin surface, which can lessen the perception of pain from deeper in the abdomen. Heat also helps the muscles of the abdomen relax and can reduce cramps.