

KAn's Tummy Tamer the crummy tummy trouble tincture

An Ayurvedic Perspective to the TCM formula for little tummies



Non-emergent
stomach aches

- Cramps
- Gas
- Constipation
- Loose Stools
- Emotional Upset



pitta



kapha



Vata



When it comes to tummy trouble and gastrointestinal upset, we all want our mommy or the parent that has the best remedy or magic belly rubbing technique. Gastrointestinal disruptions can keep a child up in the middle of the night with cramps or make a family late to school and work, when a child takes an hour in the bathroom before school starts with little to no success in moving their bowels. In today's modern world of fast food and electronics little tummies are bound up and taking a beating. Even healthy active children can exhibit these symptoms due to repetitive joint movement and or dehydration as well as having a pre-disposed constitution to Gi trouble.

This can result in immobilizing the gastrointestinal tract causing:

- Peristalsis action of the intestines:
Cramps, bloating, flatulence
- Food stagnation followed by
Stomach and abdominal aches, indigestion, heartburn, fatigue, constipation/diarrhea
- Nourishment problems
Mental clarity, headaches, immunity disorders, skin, muscle and tissue disorders.

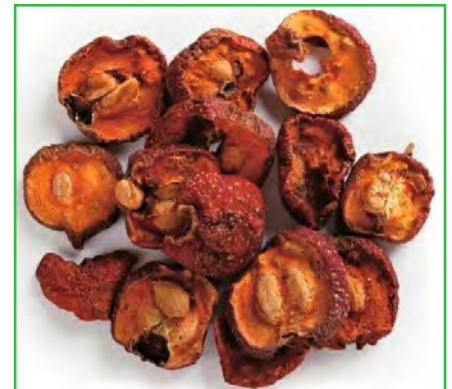
My little patient's mom's tell me the Kan Tummy Tamer formula tackles many of these

symptoms. Since Tummy Tamer is based on the 14th century formula Bao He Wan, the main ingredient **Hawthorne Berry** has been known for the descending movement of food stagnation. Tummy Tamer adds nourishing herbs to this formula to enhance transformation of ingested food converting into essential nutrients. TCM calls it strengthening the spleen, which is necessary for growing and thriving.

I have noticed, dosage and times varies with each child to achieve the best outcome. I have a young patient that only requires a few drops of a tincture once and awhile or the body overacts, others need 3 dropper fulls twice a day. This led me to think, "why?"

After studying Chinese Medicine for almost 10 years, I was finally introduced to Ayurvedic medicine. A little treasure I gathered from the lecture with Amina Nathwani, BA, MA, was how everyone digests at different speeds. That's why family members can take the same supplement such as melatonin, yet have affects at different times. One may fall asleep right away and another 3 hours later. Providing an Ayurvedic perspective to Tummy Tamer's formula may fill in the gaps to proper treatment strategy when it comes to each unique little tummy.

The beauty of both Chinese Medicine and Ayurvedic Medicine foundation resides in harmonizing imbalances within the body. It is called Ayurveda because it tells us which (vedayati) substances and actions are (ayusya) life-enhancing and which are not. Similar to Traditional Chinese medicine (TCM) the



*Shan Zha: Hawthorne Berry
The Chief Ingredient is used in both TCM and Ayurvedic Medicine
In TCM: It induces all types of Food Stagnation especially meat and fatty foods.
In Ayurvedic Medicine: it is sour, heating and is used for cardiovascular health as well as moving food stagnation. It is good for the Vata Heart.*

elements are in a natural cycle, yet instead of Fire, Earth, Metal, Water and Wood Ayurvedic Medicine has Air, Ether, Fire, Water and Earth. They correlate to tastes, smells, temperature, quality, action organs and channels. This determines the treatment strategy, modality and nutrition needed to harmonize imbalances. Although the body system is complex the 5 elements are paired together in the dominance of the three dosha system (Tri Doshas) Kapha, Pitta, and Vata. This follows the stages of transformation of ingested food to essential substances needed by the body. A well balanced person exhibits all doshas in balance. Most exhibit a dominance in one of these three Doshas and carry certain traits..The next page gives a brief look into a Kapha, Vata or Pitta Child and how this formula can work for them.



The Gentle Warrior Formula derived from the Bao He Wan Formula

Shan Zha	Chinese Hawthorn Fruit
Bai Zhu	White Atractylodes Rhizome
Hei Zao	Black Jujube Fruit
Guang Huo Xiang	Patchouli Herb
Chen Pi	Tangerine dried rind of mature fruit
Fu Ling	Poria
Gan Cao	Chinese Licorice Root and Rhizome
La Fu Zi	Radish Seed
Mu Xiang	Saussurea Root
Sha ren ren	Chinese Amomum Fruit
Xiao Hui Xiang	Fennel Fruit
Ze Xie Asian water	Plantain Rhizome
Chao Zhe Ke Dry	Fried Bitter Orange Mature Fruit
Zi Su Ye	Perilla Leaf

This Traditional Chinese Medicine (TCM) herbal formula works with the digestive Qi or vital energy that is so active in the early years and the organs sensitive, it is easy for disharmony and temporary irregularities. Tummy Tamer formula is based on Bao He Wan a food stagnation mover with the added support of tonifying the Stomach/Spleen and GI tract for better absorption and elimination. The modern digestion of a child is complex and creates multiple dominances within their systems. Both TCM and Ayurvedic medicine addresses that. Let's work together with your pediatrician on these GI disturbances to ensure a future of better health with your child. Keeping your child balance will give them self-care tools that last a lifetime.

KAN'S Tummy Tamer | DOSHAS

Kapha

Aligned with Water & Earth
Dull Cool Wet

Relates to the structure, fluid, muscular, organs and tissues.

Foods that are Kapha dominant:
Sweet | Fats | Sugar
Meat | Dairy | Grains

Dominant Traits:
Large rounded frame body

Balanced: Loyal, Huggy, Loving, Graceful, Genuine

Unbalanced: Holding Dampness, unmotivated, sadness, cold, Moves slowly, **slow digestion**, Tends to oversleep.

HOW TO KEEP A KAPHA CHILD BALANCED

Movement helps balance Kapha
Cuddling and showing affection
Limit Sweet and salty flavors
Tends to be unbalanced with sugary foods
Add Lemon, spinach, bell peppers
Cherries

Kapha balancing: Moving Digestion: In this formula Chinese Hawthorn Fruit, Tangerine dried rind of mature fruit, Radish seed, dry bitter orange mature fruit, saussurea root, fennel fruit and perillppa leaf aid in the digestion of fats and starches by stimulating the stomach and small intestine and dispersing stomach qi

Vata

Aligned with Air & Ether
Dry and Cold

Relates Circulation, Respiration, Elimination, Musculoskeletal movement

Foods that are Vata Dominant:
Bitter Melon, broccoli, sprouts
kale, spinach

Dominant Traits:
Tend to be smaller in frame

Balanced: Loves music, creative, out of the box thinker, arts and crafts

Unbalanced: Scattered, ungrounded
Lack of focus, dry qualities in skin,
constipation, unpredictable and anxious.

HOW TO KEEP A VATA CHILD BALANCED

Vata child thrives on schedule and routine but dislikes keeping one.
Meditation or Yoga
Arts and Crafts
Sesame Oil, Eat warm cooked food
Dress in layers protect from wind

Vata balancing: Perilla leaf and Forsythia fruit remove heat and dampness that collect in the gastrointestinal area as well as expel wind, heat and cold causing GI distress. Chinese Hawthorne Fruit supports circulation.

Pitta

Aligned with Fire & Water
Sharp, hot, damp

Relates Metabolism, Digestion, Production of Hormones & Enzymes,

Foods that are Pitta Dominant:
Pungent, sour, hot

Dominant Traits:
Tend to be medium frame

Balanced: Good combination skin, organized, good leadership skills, focused, they get things done

Unbalanced: Runs warm, quick tempered, overly focused, burn out, heat conditions, red skin, **loose stools**, critical, perfectionist, impatient

HOW TO KEEP A PITTA CHILD BALANCED

Pitta child needs to release steam by going for walks, restorative yoga, self-care practices, calming techniques for angry, deep breathing techniques, burn off competitive athletic energy. Mint, apples avocados, pomegranate, eggs, meat, legumes.

Pitta balancing: White atractylodes rhizome, Black jujube fruit, Poria, Asian water plantain rhizome and Chinese Licorice Root and Rhizome supporting and nourishing growth.

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