

# **Bloating – Indigestion – Acid Reflux – Can Be Fixed...**

No one likes to talk about it, but if you don't have regular bowel movements your health is in jeopardy. You can improve digestion naturally, with some very simple solutions that could get things running more smoothly, if you're plagued with digestive problems on a regular basis.

Constipation, diarrhea, flatulence, and heartburn are just a few of the common digestive complaints that plague people. The solution to fixing these digestive problems lies in changing your dietary habits.

Drinking plenty of water every single day can prevent constipation. While some people opt for tea or water-based beverages, nothing can beat plain water for getting things moving.

When our digestive health is in peak condition, we enjoy more energy, boosted immunity, our skin appearance is younger and has more elasticity, and there is less disease.

There are numerous herbs to help the body digest food and absorb nutrients. Listed below are the ones I feel to be some of the most effective.

- Peppermint – If you have heartburn, avoid peppermint tea.
- Fennel – The seeds have been used to ease heartburn, as well as soothe colic and gas in infants.
- Ginger – Improves sluggish digestion and reduces gas; has the ability to prevent and treat nausea and vomiting caused by pregnancy, motion sickness, chemotherapy or surgery.
- Parsley – Prevents indigestion and reduces the production of intestinal gas. A natural diuretic that eases fluid retention, which can cause belly bloating.
- Aloe Leaf – Eases digestion in general, and a good treatment for constipation.
- Psyllium seed – Adds fiber to the diet and aids in intestinal peristalsis. Creates a soothing effect, which helps relieve cramping.

There are more herbs, but this is a good start. Used in combination and the right portion, they are very beneficial to the overall wellness of the body. Along with the information below, you can get a good jump start on more energy, less discomfort, and better overall wellness.

- Probiotics are live bacteria and yeasts that are good for your health, especially your digestive system. Probiotics are often called "good" or "helpful" bacteria because they help keep your gut healthy.
- Increase zinc consumption – One of the first signs of zinc deficiency is digestive problems. This micronutrient plays an important role in digestion, helping to improve enzyme production, healing intestinal tissue, and protecting the lining of the stomach. You can get more zinc in your diet by adding foods like dark chocolate, pumpkin seeds, peanuts, and small portions of meat.
- Fruit – Consuming fresh fruit is important for overall health, the fiber in fruit will help greatly with digestion. Loaded with phytonutrients and antioxidants.
- Water – One of the most important things your body needs to digest food properly. Not drinking enough water slows your digestion and can make your stool hard, and difficult to pass. Staying hydrated is one of the key elements to good digestion.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, you can reach us at any of the venues listed below.

Thanks, Sami

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