

Natural Healing Express Weekly

Column 395 Digestion

First of all, thank you, thank you, thank you to everyone who came out to the Lena Lions Fall Festival event last weekend. We loved seeing all of you stop by our booth to support Gracie in her quest to go on her European Band Trip. We appreciate you! And, hopefully you had a wonderful loaded potato and some tasty sweet corn! She is getting quite close to her goal. We will be at the Warren Pumpkin Festival coming up at the end of the month as well. Hopefully, we will see you again there!

With all that Festival food, many of our digestive systems took a “hit”. I have to say that our family spent some time in our fresh mint patch at our house, either eating it raw or making it into a fresh tea to help settled down and process all the festival food. Mint is a wonderful herb that can help to relieve the pain and pressure of eating way too much.

Other supplements that can be of aid for digestives issues include:

Ginger – Ginger has been an herbalist’s favorite for a long time. It has also been used to help with stomach ulcers.

Senna – Senna is a wonderful herb to get things “moving” digestively. Senna is a potent laxative that works for having the muscles of the bowel contract. Long term use is not recommended as your body can become dependent upon it; however, for the short term, it works wonders.

Licorice – Licorice is also known for helping with ulcers of the stomach. It soothes painful acid indigestion as well.

Probiotics – Taking a great probiotic is helpful in preventing diarrhea and has been known to help with pre/post-surgery precautions, infection, antibiotic use, IBS and colitis. We use it during festival time to help re-set all the good bacteria in the bowel.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732 or 317 409 1500 email: [skscham@aol.com](mailto:skscham@aol.com) Address -204 W Main St, Lena, IL 61048. Website: [www.naturalhealingexpress.com](http://www.naturalhealingexpress.com) Facebook: Natural Healing Express