



# Anti-Gas with Lobelia

Herbal formula for easing gas, bloating and indigestion

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Poor food choices, eating too fast and stress will often cause indigestion, a condition that might be better named—mis-digestion. Indigestion is a sign that food was not broken down properly by the enzymes, acid and bile salts in the digestive tract. When intestinal bacteria feed on this improperly digested food fermentation occurs. This releases large quantities of gas causing bloating, pain, belching and other uncomfortable symptoms.

Indigestion should not be taken lightly. Improperly digested food contributes to intestinal inflammation, allergic reactions and a weakened immune response. It also affects one's mood and can contribute to emotional symptoms like anxiety and depression.

Making better food choices, slowing down and relaxing while eating, chewing food thoroughly and taking Anti-Gas with Lobelia can help resolve this digestive upset. Anti-Gas helps stimulate digestive secretions, release trapped gas and improve the breakdown of food. It can also ease digestive pain, intestinal cramps and other digestive discomforts.

Anti-Gas with Lobelia contains the following.

## Papaya

Papaya is often referred to as the “medicine tree,” for the many healthful benefits this delicious tropical fruit produces. The fruit and seeds of the papaya are the only known sources of papain, a powerful digestive enzyme that breaks down proteins and starches found in most foods. Papain's ability to digest dead tissue without affecting surrounding live tissue has earned it the nickname of “biological scalpel.” This enzyme is also known to have strong anti-inflammatory effects and has been used for dissolving mucous in the upper respiratory tract.

## Ginger

Ginger root has been used in Chinese medicine for over 2,000 years as a remedy for digestive disorders, nausea, and fever. Though perhaps most widely acclaimed for its ability to stop nausea and vomiting associated with motion sickness, the volatile oils found in ginger also work to stimulate the stomach and intestines.

## Peppermint

Peppermint leaves have traditionally been valued as an aid for expelling intestinal gas and settling an upset stomach. Both the herb and its volatile oil have proven effective in treating dyspepsia, colic, flatulence, nausea and abdominal cramps. Peppermint has also been used for colds, fevers and to promote mental alertness.

## Wild Yam

Wild yam root is used in both herbal and conventional medicine. The dried rhizome of the plant has many traditional uses that range from stimulant to anti-fungal. Its steroidal glycoside component also contributes to its anti-inflammatory and anti-spasmodic action in relieving digestive tract disorders.

## Fennel

Fennel seeds have been used as a digestive aid and antiflatulent remedy since the days of the Roman Empire. The herb is widely used in China to treat hernia, indigestion, bellyache, stomachache, nausea, and vomiting.

## Dong Quai

Dong Quai root has been extremely popular in Chinese herbal medicine for centuries, ranking just behind licorice in frequency of use. Although most frequently used as a blood tonic for women, dong quai is related to angelica and has similar digestive enhancing effects. It relieves gas and promotes better digestion.

## Spearmint

Spearmint is closely related to peppermint, but has a milder flavor. Like peppermint, it relieves intestinal gas and bloating and promotes digestive secretions.

## Catnip

Catnip has been referred to as nature's Alka-Seltzer. It has a settling effect on the stomach and relieves acid indigestion. It also relieves gas, bloating and colic in infants. It is useful for indigestion, stomach pain, heartburn, colds, flu and fevers.

## Lobelia

A powerful antispasmodic, lobelia relaxes the stomach, eases intestinal cramping and helps relieve trapped gas.

## Suggested Use

To prevent indigestion, take 2 capsules after three meals each day. For acute indigestion, take 2 capsules with water every 15 minutes until relief is obtained.

## Selected References

- The Comprehensive Guide to Nature's Sunshine* by Tree of Light Publishing
- The Herbs of Life* by Lesley Tierra
- Herbs that Heal* by Michael A. Weiner and Janet Weiner
- Lefi for Dead* by Dick Quinn
- Nutritional Herbology* by Mark Pedersen

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