



# Anti-Gas Formula

Traditional formula for gas, bloating, indigestion and acid reflux

In Chinese medicine, the earth element is associated with the digestive system. Earth energy has traditionally been seen as nurturing, nourishing and care-giving—think “mother earth.” Sometimes, however, this energy is excessive and needs to be calmed down, as when we have upset stomach and acid indigestion. This often comes because we have overloaded our digestive organs and they become congested. The result is stomach pain, bloating, gas, indigestion, sore stomach, foul belching, a heavy feeling in our stomach and loss of appetite.

The nurturing, mothering energy can also become excessive on the emotional side, too. Excess mothering quickly becomes smothering, plagued by constant fears, worries and a general sense of being “off balance.”

Xiao Dao is a traditional Chinese formula for reducing excessive “earth” energy. It decongests the stomach and gastrointestinal tract, helping to relieve acute indigestion. It can ease nausea, expel excess gas, restore appetite, ease sensations of fullness after eating and ease stomach and intestinal pain. However, it can also be used when there is a general sluggish, heavy feeling in the body or a tendency to sugar cravings and weight problems.

Sold under the trade name Anti-Gas Formula, this combination works to eliminate stagnant and undigested food in the stomach and intestines. It also enhances digestion by increasing the production of digestive fluids and enzymes. Anti-Gas detoxifies the body, soothes inflammation and acts as a laxative. It also increases blood flow and the production of urine.

Here is a breakdown of the ingredients in this formula.

**Agastache** increases the production of digestive fluids. It has been used to treat dyspepsia, indigestion, nausea, bloating and flatulence.

**Magnolia Bark** aids in digestion, alleviates water retention and eliminates gas from the bowels. It has been used to treat bloating, diarrhea, acid stomach, appetite loss and vomiting.

**Shenqu Tea** is a combination of five herbs containing digestive enzymes and nutrients that improve digestion. It increases the production of digestive fluids and augments the nutritional value of foods. It has been used to treat dyspepsia, indigestion and poor appetite.

**Crataegus** is a relative to the Western hawthorn berry, but this Chinese herb is used for digestive problems such as diarrhea rather than for circulatory problems.

**Oryza** is a mucilaginous, anti-inflammatory seed that absorbs toxins, adds bulk to stool, and increases the overall efficiency of the digestive system. It has been used to treat diarrhea, dyspepsia, frequent urination and indigestion.

**Hoelen** increases urine flow and decreases blood sugar. It has been used to treat water retention, hepatitis and heart palpitation.

**Panax Ginseng** improves digestion and warms the stomach. It is adaptogenic and cardio tonic. It has been used to treat cardiac arrhythmia and chronic diarrhea.

**Typhonium flagelliforme** is a Chinese herb used to relieve coughing. It also has analgesic and anti-inflammatory action.

**Saussurea** increases the production of digestive fluids, increases blood circulation and relieves smooth muscle spasms. It has been used to treat gastritis, jaundice, pain and diarrhea.

**Gastrodia** increases bile production. It has been used to treat convulsions and hypertension.

**Citrus Peel** reduces muscle spasms and inflammation, increases digestive fluids and enhances blood circulation.

**Atractylodes** promotes the flow of urine, expels gas from the bowel and stimulates the liver. It increases the production of digestive fluids and is a laxative. It has been used to treat bloating, diarrhea and indigestion.

**Cardamom** promotes sweating, increases the production of digestive fluids and reduces smooth muscle spasms, especially in the intestine. It has been used to treat diarrhea and dyspepsia.

**Platycodon** lowers blood sugar and cholesterol. It has been used to treat poor digestion and inflammatory skin conditions.

The following herbs are catalysts for Anti-Gas: **Ginger** increases the production of digestive fluids and enzymes. It also eliminates gas from the bowels and increases circulation. It lowers blood sugar, cholesterol and blood pressure. It is used for indigestion, vomiting, and nausea. **Licorice** is a mild laxative that is a very soothing herb for inflamed membranes. It has been used to strengthen digestion, regulate blood sugar and provide relief from poisons.

## Usage

To strengthen digestion and relieve problems with gas, take 4 capsules of Chinese Anti-Gas with a meal 2 times daily. For acute indigestion, take 4 capsules at the first sign of indigestion. Anti-Gas Formula is also available in a TCM concentrate, where the dose is 1 capsule instead of four.

## Selected References

- Chinese Herbal Medicine: Materia Medica* by Dan Bensky and Andrew Gamble
- Oriental Material Medica: A Concise Guide* by Hong-Yen Hsu
- The Illustrated Chinese Materia Medica* by Kun-Ying Yen
- Nutritional Herbology* by Mark Pedersen
- The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light

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