

Digestive Improvement Herbal Program

By Geoff D'Arcy, Lic. Ac., D.O.M.



In order to maintain overall health, we need to protect and strengthen our digestive processes. Tonification of the digestive organs helps the body better break our food down and absorb vital nutrients, increasing overall energy. According to Traditional Chinese Medicine, the digestive energy fuels our life. Some symptoms of an under functioning digestive system are warnings that we need to supplement to stop any possibility of weakening ourselves. These symptoms might include:

- Chronic gastritis
- Poor appetite
- Indigestion
- Stomach ache
- Loose stool
- Stomach distension
- Fatigue

Indigestion, also known as upset stomach or dyspepsia, is a painful or burning feeling in the upper abdomen, often accompanied by nausea, abdominal bloating, belching, acid regurgitation, and sometimes vomiting. Indigestion might be caused by a disease or an ulcer in the digestive tract, but for most people, it results from eating too much, eating too quickly, eating high-fat foods, or eating during stressful situations. Smoking, drinking too much alcohol, using medications that irritate the stomach lining, being tired, and having ongoing stress can also cause indigestion or make it worse.

Some people have persistent indigestion that is not related to any of these factors. This type of indigestion--called functional or non ulcer indigestion--is caused by a problem in how food moves through the digestive tract. To diagnose indigestion, the doctor first rules out other problems, like ulcers. In the process of diagnosis, a person may have x-rays of the stomach and small intestine or undergo endoscopy, in which the doctor uses an instrument to look closely at the inside of the stomach. Avoiding the foods and situations that seem to cause indigestion is the most successful way to treat it. Excess stomach acid does not cause or result from indigestion, so antacids are not an appropriate treatment, although some people report that they do help. Smokers can help relieve their indigestion by quitting smoking, or at least not smoking right before eating. Exercising with a full stomach may cause indigestion, so scheduling exercise before a meal or at least an hour afterward might help.

To treat indigestion caused by a functional problem in the digestive tract, the doctor may prescribe medicine that affects stomach movement. Because indigestion can be a sign of or mimic a more serious disease, people should see a doctor if they have

- Vomiting, weight loss, or appetite loss
- Black tarry stools or blood in vomit
- Severe pain in the upper right abdomen
- Discomfort unrelated to eating
- Indigestion accompanied by shortness of breath, sweating, or pain radiating to the jaw, neck, or arm

Stomach Ulcers: Bacteria do not normally grow in the stomach but when the pH is too high, colonies start to form. One of these bacteria called *Helicobacter pylori* takes advantage of the irritated and weakened stomach lining to eat a hole in it. This is called an ulcer. According to Jonathan Wright, M.D., and some other doctors of natural medicine, another cause of heartburn can be too little stomach acid (hypochlorhydria).¹ This may seem to be a paradox, but based on the clinical experience of doctors such as Dr. Wright, supplementing with Betaine HCL relieves the symptoms of heartburn and improves digestion. Medical researchers since the 1930s have been concerned with the consequences of too little stomach acid. While all the health consequences are still not entirely clear, some have been well documented. Many minerals and vitamins require proper stomach acid to be absorbed optimally—examples are iron,² calcium,^{3 4} zinc,⁵ and B-complex vitamins,⁶ including folic acid.⁷ People with achlorhydria, (no stomach acid) or hypochlorhydria, (low stomach acid) may be at risk for developing certain mineral deficiencies. Since minerals are important not only for body structure (as in bones and teeth) but also to activate enzymes (such as superoxide dismutase) and hormones (such as insulin), deficiencies can lead to health problems.

Not too long ago the treatment of choice for ulcers, thought to be caused by stress, was antacids or surgical removal of part of the stomach. With the advent of acid blockers such as Prilosec or Zantac, a more permanent control of acid was made possible. With the discovery of the bacteriological source of ulcers a regimen of antibiotics and Pepto Bismol or a proton pump inhibitor like Prilosec is now the standard therapy. Although ulcers are potentially dangerous if they perforate and individuals with ulcers should be supervised by a physician, there are alternatives for prevention and treatment if a patient is unable to tolerate standard therapy or does not want to risk the complications of antibiotics. This needs to be discussed with a physician. The single most effective herbal product for ulcers is Mastic (see below) which rapidly heals ulcers and kills even resistant *H. pylori*.

SUPPLEMENTATION PROGRAM

1. [Digest-Ease Formula](#): 2 capsules 3 times daily.
 2. [Multi-Vitamin](#), [Ultra Preventive X](#): 2 capsules, twice daily.
 3. [Multi-Probiotic](#): 1 capsule three times daily, 20 minutes before meals.
- Add [Dia-Relief Formula](#) for diarrhea as needed.
 - Add [Easy Move Formula](#) for constipation.
 - Add [Green Power](#) for acidity.

Digest-Ease Formula. The base formula for Digest-Ease is “*Six Gentleman, with Saussurea and Cardamon*”. It was traditionally used in Ancient China for digestive patterns that included such symptoms as peptic ulcers, gas, cramping, with loose stool and weakness. The “Six Gentlemen” refers to the Confucian term for a person exhibiting ideal behavior. Similarly, this formula helps to create digestive harmony. This formula contains key ingredients to tonify the digestive organs in order to help the body absorb vital nutrients from food and increase the energy transformed from nutrients.

Western herbs such as *Chamomile* are renowned for gentle treatment of indigestion and inflammations like gastritis. Chamomile is effective in relieving inflamed or irritated mucous membranes of the digestive tract. Since heartburn sometimes involves reflux of stomach acid into the esophagus, the anti-inflammatory properties of chamomile are also useful.¹ Additionally, chamomile promotes normal digestion.² *Fennel* is added for relieving flatulence and colic. Various herbs known as carminatives have been used to relieve symptoms of indigestion, particularly when there is excessive gas. Among the most notable and well-studied in the West are fennel seeds. The main active constituents, which include the terpenoid anethole, are found in the volatile oils.



Anethole and other terpenoids may have estrogen-like activity and inhibit spasms in smooth muscles, such as those in the intestinal tract. Recent studies have found fennel to increase in production of bile, helping digestion and pain-reducing with antimicrobial actions.

Ginger is warming and calming. *Ginseng* is a powerful traditional Chinese medicinal tonic for the digestion. *Bitter Tangerine Peel* and *Atractylodes* are included to improve transformation of food into nutrients. *Licorice* harmonizes the digestion. Licorice protects the mucous membranes lining the digestive tract by increasing production of mucin, a substance that protects against stomach acid and other harmful substances.³ Licorice root in its deglycyrrhizated form (DGL) has the glycyrrhizic acid removed (glycyrrhizic acid is the portion of licorice root associated with increasing blood pressure and water retention in some persons). The mucous membrane-healing part of the root, however, remains in DGL. One to two chewable tablets of DGL (250–500 mg) can be taken fifteen minutes before meals and one to two hours before bedtime and may provide relief.⁴ Lactose intolerance can cause many digestive problems, including gas, cramps, and diarrhea; in such cases, the lactase enzyme can be helpful when taken before consuming dairy products. *Poria* clears away “dampness” from excessively cold foods.

Bromelain is the name of a group of powerful protein-digesting, or proteolytic, enzymes that are found in the pineapple plant (*Ananas comosus*). Digestion of food produces a high demand for enzymes. When we eat, enzymatic activity begins in the mouth where salivary amylase, lingual lipase and ptyalin initiate starch and fat digestion. In the stomach, hydrochloric acid activates pepsinogen to pepsin, which breaks down protein, and gastric lipase begins the hydrolysis of fats. Without proper enzyme production, the body has a difficult time digesting food, often resulting in a variety of chronic disorders. Discovered in 1957, and widely studied since then, bromelain is particularly useful for reducing muscle and tissue inflammation and as a digestive aid. Aid digestion and reduce heartburn. Bromelain can enhance the effect of such digestive enzymes as trypsin or pepsin (especially when the pancreas is producing insufficient amounts of them). Bromelain can also ease the pain of heartburn and lessen the effects of diarrhea when these conditions are caused by a shortage of digestive enzymes.

Multi-Probiotics, such as acidophilus, promote healthy digestion. Enzymes secreted by probiotic bacteria also aid digestion. Acidophilus is a source of lactase enzyme, which is needed to digest milk but is lacking in lactose-intolerant individuals

MULTI-VITAMIN: Ultra Preventive X, helps to provide essential nutrients to an under-functioning digestive system.

Dietary Guidelines. To enhance this program's healing potential:

- Eat smaller meals, do not eat late in the evening, allow four hours to pass between your last meal and bed-time if possible
- Avoid the foods and beverages that you already know are irritating to your stomach such as white flour, yeast containing foods, sugar, coffee, tomato sauces, vinegar, pungent spices etc.
- Avoid all dairy products especially if you suspect lactose intolerance
- Reduce to a minimum cold or raw foods, and do not drink cold drinks with meals
- Cut out caffeinated beverages, coffee (regular and decaf), chocolate, peppermint, tomatoes, vinegar, black pepper and chili powder
- Fatty foods can stimulate acid release; so can milk products, even as they temporarily soothe pain

For pain, try eating steamed cabbage or juicing it with ginger.



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Introduction

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Digest-Ease Formula:

Chamomile

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Licorice

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Fennel

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Bromelain

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Six Gentlemen

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**The statements contained in this article have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*

