

## Top 10 Home Stomach Remedies



If you've ever felt funny in your tummy after a spicy meal, a particularly stressful day or when trying new foods, you know that the stomach can be a fickle friend. But, the answer may not lie in running to the pharmacy and grabbing something off the shelf. When stomach trouble hits (and even before in some cases), consider home remedies as your first line of defense.

### What's Wrong with my Tummy?

There are different reasons why you may be experiencing stomach pain or discomfort. First, the situation could be situational or a chronic problem. You'll need to investigate just a little to know what types of remedies will alleviate your symptoms.

Know thyself. Food is not to be overlooked. In the current environment, more and more people are suffering from food sensitivities. Just because you could eat peppers before doesn't mean that over time, you haven't developed a condition that makes you sensitive to it now.

Check your lifestyle. You'll remember we mentioned stress. Stress can be a good thing, but there again, too much of it can lead to unhealthy lifestyle changes that affect the digestive system, namely your stomach. Are you eating fast foods that contain more fat than you are used to? Is stress at work leading to headaches and constant bubbling of your stomach?

Before we go any further, here are some of the common symptoms of stomach problems: gas, bloating, nausea, vomiting, abdominal pain, burning feeling in the stomach and/or throat. If you are experiencing any of these symptoms, you probably have some sort of digestive issue occurring.

### What Kind of Stomach Issue Could I be Suffering From?

The more common stomach issues that we encounter are heartburn, upset stomach and constipation. There are others and if you experience chronic stomach issues or something with ever increasing intensity of symptoms see your doctor immediately. Prolonged conditions can lead to a number of more serious disorders that require a comprehensive medical exam and treatment.

Let's begin with heartburn. It causes a burning pain that seems to originate in the area of the chest, which is why the condition has been aptly named "heartburn." But, the real cause of the pain and discomfort is stomach acid moving backwards through the lower esophageal



sphincter (opening between the esophagus and the stomach) into the esophagus. The pain begins in the chest but can quickly move up the throat as if you could breathe fire at any second.

Upset stomach is an issue most of us are acquainted with. Here's an example: You don't usually eat Mexican food but you go out with your coworkers and give it a try. Later on, your stomach seems to perform somersaults like when you ride a rollercoaster. You feel nauseous but don't vomit (often worse than vomiting the contents of your stomach). In a matter of hours your stomach feels as tight as a tick and nothing seems to bring any relief.

Constipation is one of those things that no one likes to talk about. Everyone has bowel movements (hopefully) but no one likes to discuss it when the works seem to be clogged up. With constipation, you have the fullness like you have to go, but for some reason the bowels won't move. You feel gassy, bloated and highly uncomfortable.

## Top 10 Home Stomach Remedies

Home remedies are more natural than many treatments you'll find over the counter. For occasional symptoms of stomach discomfort, give these a try first.

1. **Eat caraway seeds** – You may have seen these little seeds and their cousins, fennel, on foods. But, eaten alone, they can help resolve such symptoms as gas and slow digestion. Gas produced by and trapped in your body can be painful. If you've ever had lower back pain during a sour stomach episode, it is probably gas. Eat about a teaspoon of them with water or steep them in a cup of boiling water for 10 minutes. Strain and then drink.



2. **Chewing gum** – When the tummy is rumbling, the last thing you want to do is chew, but gum helps to increase saliva production which decreases stomach acid production. Choose a natural chewing gum and chew to decrease heartburn.



3. **Baking soda** – It is an old household remedy often the “poor man’s antacid” but it works. Follow package directions for adding the sodium bicarbonate to a glass of water. It helps to neutralize stomach acid and upset stomach. If you have high blood pressure, don’t use this one regularly.



4. **Increase fiber content** – Fiber keeps the digestive system moving. Insoluble fiber takes more energy to process so it keeps the digestive system occupied. Increasing fiber over time can help prevent constipation.



5. **Honey** – Honey contains natural bee immunity and can benefit the human body in several ways. Taking a tablespoon of it can help with constipation and also sore throat pain that can result from heartburn.



6. **Ginger** – This ancient remedy has anti-inflammatory properties to ease digestion and associated stomach pains. Steep fresh ground ginger with hot water; strain and drink. Or nibble on a little bit of it.



7. **Fresh mint** – Peppermint or spearmint varieties can quiet nauseous stomachs and regular digestion. Nibble on some fresh leaves or steep dried ones in a tea.



8. **Lemon water** – A natural detoxifier, lemon in warm water can help with stomach pain associated with upset stomach.



9. **Aloe Vera** – The juice can be just as soothing to the inside as the gel is to the outside. It can ease pain in the esophagus as well as in the stomach. It also works as a laxative.



10. **Sesame seeds** – Snacking on about half an ounce can keep the digestive system moving and combat constipation.



Everyone has experienced a stomach problem at one time or another. Before reaching for the car keys visit the kitchen cabinet. Natural homemade remedies may ease your pain quicker and better than over-the-counter medicines.



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