



Traveler's Diarrhea or Food Poisoning

“Bacteria are responsible for at least 50 percent of all acute cases of traveler’s diarrhea, with viruses being the second most likely causative organisms, and protozoa being to blame less than 10 percent of the time...” As your body dispels the bacteria, you can support it with antimicrobials and herbs that have an astringent effect on the intestines. These same types of herbs are used in the case of food poisoning “The ‘stomach flu,’ traveler’s diarrhea, food poisoning, and ameobic dysentery may all respond well to this formula. It covers the bases: Glycyrrhiza [licorice] and Ulmus [slippery elm] provide soothing demulcent effects; Mentha [peppermint] allays gas, cramping, and bloating; and Glycyrrhiza, [and] Mahonia [Oregon grape]... offer antimicrobial effects.” Hoping you don’t need it but happy to support you with this recipe if you do! “Combine equal parts of the dry herbs. Steep 1 tablespoon of the herb mixture per cup of hot water for 10 minutes, and then strain. Sip this tea constantly throughout the day.”

Glycyrrhiza glabra [licorice root]

Mahonia aquifolium [oregon grape inner bark]

Mentha piperta [peppermint]

Ulmus fulva [slippery elm inner bark]