



Gas and Bloating

“This formula can be quickly comforting to nausea, cramps, and bloating when 2 or 3 cups are consumed over the course of an hour. Both Matricaria [chamomile] and Mentha [peppermint] can work immediately and can be useful starting therapy for quick symptomatic relief.” Make an herb mixture in equal parts and steep one tablespoon into a cup of hot water and strain. “Drink freely, 3 or more cups a day.”

-Dr. J. Stansbury, ND. *Herbal Formularies for Health Professionals*
Volume 1 Digestion and Elimination

For loose-leaf infusions:

“1. Put 4 to 6 tablespoons of dried herb (or 6 to 8 tablespoons fresh herb) into a glass quart jar.

2. Pour boiling water over the herbs, filling the jar. Let steep for 30-45 minutes. (The length of steeping time and the amount of herb you use will affect the strength of the tea.)

3. Strain and drink.”

-R. Gladstar, *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide*