



# Heartburn Relief

“Medically termed ‘gastroesophageal reflux disease’ or GERD, heartburn can make eating and drinking a nightmare. Some herbs that can assist in heartburn relief are cinnamon, licorice, marshmallow, and slippery elm. It’s important to note that if your heartburn is chronic, permanent dietary changes should be implemented, and these herbs will only provide temporary relief of symptoms.” Chronic GERD may be caused by or lead to infection. Please consult your health care provider if you experience chronic heartburn.

## **“Ingredients:**

1 part licorice root

2 parts marshmallow root

8 oz. hot water

## **Directions:**

Combine dried herbs and steep in water, covered, for 10-15 minutes.

Remove herbs from water, and sip tea slowly.

\*If the hot temperature further aggravates symptoms, consider taking the tea cold by brewing for 2 minutes longer, then pouring the concoction over ice.”

*-J. Browne, The Good Living Guide to Medicinal Tea: 50 Ways to Brew the Cure for what Ails You*