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Effective Herbal Cure for Flatulence, Excessive Gas Natural Remedies by Jhon Napier

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Excessive intestinal gas, else known as flatulence or farting is a common health disorder affecting people of all ages. Swallowing of air and bacterial function are two main factors contributing for flatulence. In order to reduce the risk of flatulence, it is advised to practice relaxation techniques like yoga and meditation regularly. People with intestinal complaints are also advised to avoid lying down after eating. Improper chewing of food and intake of high fat meals are two among the important causes leading way to flatulence. Following healthy lifestyle is the best recommended natural technique to cure flatulence. Some among the common food items producing excessive intestinal gas include beans, cabbage, broccoli, cauliflower, apples, peaches and milk. In order to reduce the risk of farting, it is advised to control the intake of above listed food items in diet schedule.

Chamomile tea is one among the best suggested herbal cures for flatulence, excessive gas. Intake of this herbal supplement boosts digestion and reduces the risk of excessive gas formation. As per research, drinking chamomile tea is found to be as an excellent medicine for treating colitis, dyspepsia and irritable bowel syndrome. It eliminates stomach cramp formation and promotes digestive process naturally. Apart from improving digestion, intake of chamomile tea also helps in providing other health benefits like improving skin tone, strengthening hair and preventing bacterial infection in stomach. Similar to chamomile tea, fennel seed tea is another safe herbal cure for flatulence trouble. In order to attain best result, it is advised to drink fennel seed tea after meals. It promotes digestion and minimizes the formation of intestinal disorders.

Turmeric root is one among the best recommended herbal cures for treating flatulence or excessive gas. It stimulates digestive tract and promotes easier metabolism of fat food items. Those people suffering from flatulence are advised to include a good amount of turmeric root extract in their diet food items. Presence of curcumin in turmeric root extract enhances mucus secretion and protects intestinal walls from damage. This traditional medicine has been used for centuries for the treatment of heartburn and stomach ulcers. Other highlighting benefits of including turmeric root in diet food items include preventing osteoarthritis, curing pancreatitis and treating inflammatory bowel disease.

Rosemary, a popular ingredient in ayurvedic medicines is an effective herbal cure for flatulence, excessive gas. This natural supplement is found to be as an excellent tonic for preventing indigestion due to anxiety. Regular intake of rosemary extract as directed by physician relieves nervous disorders and reduces the risk of intestinal disorder due to psychological health disorders. Lemon balm, else known as calming balm is another best recommended herbal cure for treating flatulence and excessive gas. Similar to rosemary extract, this herbal remedy helps in relieving stomach upsets due to nervous disorders. In order to achieve best result, those people suffering from excessive intestinal gas are advised to intake lemon balm tea after their meals. Other herbal cures used for treating flatulence include cayenne pepper, marshmallow root, sage tea, caraway seed and peppermint leaf.

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