

TUMMY TROUBLE TAMERS

The holidays are a time of food, family, and ... dyspepsia. Whether indigestion arises from gobbling too much Tofurky or squabbling with too many relatives, a bout of stomach discomfort is often an unwelcome addition to the menu. To help ease abdominal pain, bloating, and other unpleasantness, enlist the aid of these natural remedies.

—DAVID KALMANSOHN



ANN SHEN

TURMERIC & GINGER

why Turmeric isn't just for curry: "This traditional Indian flavoring can relieve gas and bloating," says Gayle Engels, special projects director at the American Botanical Council. In a study published in the *Journal of the Medical Association of Thailand*, 87 percent of those taking curcumin—the active ingredient in turmeric—experienced full or partial dyspepsia relief vs. 53 percent of a placebo group. "Turmeric is in the ginger family, and both have a long history of use for stomach complaints," explains Engels. "Ginger extractions, or teas, are used to relieve stomachache and nausea."

how Engels recommends turmeric as a juice or boiled powder. For the latter, stir 1 tablespoon of powder in 1 quart of boiling water, boil 10 minutes, and drink when cool but before separating. Because the flavor can be off-putting, you can opt for a tasty tea formula that contains both ginger and turmeric.



kit pick
Choice Organic Teas Easy Digest \$4.99/16 tea bags; choiceorganict teas.com

LEMON BALM

why "Lemon balm has long been used to help with stress-related conditions such as digestive discomfort," says Janice Martin, ND, director of the New Paths Counseling Center in Hoover, Ala. "It assists the body's efforts to handle anxiety, and can help us better manage the symptoms of immediate stress." A study published in *Neuropsychopharmacology* found that lemon balm significantly increased calmness and improved participants' moods.

how "A soothing cup of lemon balm tea will provide relief from the stress of holiday gatherings," Martin counsels. Keep a box of lemon balm tea on hand, or make your own restorative by pouring 1 cup of boiling water over 2 teaspoons of dried herb or 4 fresh leaves, and steep, covered, for 10 minutes.



kit pick
Traditional Medicinals Herbal Teas Organic Lemon Balm \$4.99/16 tea bags; traditionalmedicinals.com

ARTICHOKE LEAF EXTRACT

why "A number of studies have demonstrated that artichoke leaf extract can reduce upper GI symptoms and improve dyspepsia," says Gerard E. Mullin, MD, director of Integrative Gastroenterology Nutrition Services at The Johns Hopkins Hospital in Baltimore. In a study published in *Phytomedicine*, dyspepsia symptoms decreased by about 40 percent in those taking artichoke leaf extract.

how The standard dose for artichoke leaf extract is 320 to 640 milligrams daily. The *Phytomedicine* study found that the reduction of dyspepsia symptoms was the same at both levels, though subjects taking the higher dosage experienced greater relief from anxiety. "Start at the lower dose," advises Mullin, "and stick with it if effective."



kit pick
Enzymatic Therapy Artichoke Extract \$27.50/45 tablets; enzymatictherapy.com