

## Indigestion

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A disorder of digestive function characterized by discomfort or heartburn or nausea.

**Alfalfa- Internal** Purposes: Is rich in Vitamin K and minerals. Comes in liquid form or capsules.

**Aloe vera- Internal** Purposes: Aloe Vera is very soothing and beneficial in treating heartburn and other gastrointestinal problems. Dosage: 1/4 cup of aloe vera juice on an empty stomach twice daily, in morning and at night.

**Anise seeds- Internal** Purposes: These seeds are useful in eliminating a sour stomach. These seeds can be ground and sprinkled on food or you can chew them.

**Catnip, Chamomile, Fennel, Fenugreek, Goldenseal, Papaya, and Peppermint- Internal** Purposes: These seven herbs all contain properties that help to relieve indigestion. Cautions: Do not use goldenseal for more than seven days, and don't take it if you are pregnant. Check with your doctor if you have been diagnosed with cardiovascular disease, diabetes, or glaucoma. If allergic to ragweed, use Goldenseal with caution. Do not use Chamomile for extended periods of time and if allergic to ragweed, do not use at all.

**Ginger- Internal** Purposes: Helps to alleviate nausea

**Parsley- Internal** Purposes: The sprigs from the fresh parsley or 1/4 tsp of dried parsley can be taken with a glass of warm water to alleviating indigestion.