

8 WAYS TO TAME YOUR TUMMY QUICKLY & NATURALLY

Quick Guide by Lindsay Tedesco



RELAX

Breathing exercises

Sipping on calming herbals teas

Listen to calming music.

Step outside and take a few deep breaths of fresh air

Distract yourself with a favorite movie or a good book

Work on a hobby (if you're feeling up to it).

Use calming essential oils to help calm both body and mind.



HEAT

Use a towel covered hot water bottle

Use an electric heating pad w/cover

Create your own heating pad by placing rice in a sock, closing open end with knot, clip or rubber band, and heating it up in the microwave for a minute or two.

Soak in hot bath water (apply Epsom Salt, Apple Cider Vinegar, and/or Essential Oils to water for added comfort)

Have a loved one place their hand on your belly and allow their body heat to warm up your belly



PEPPERMINT

Steep fresh peppermint leaves in hot water. Sip once it's cooled off to lukewarm.

Steep Peppermint Herbal Tea bags in hot water for 15 minutes, sip once it's cooled off to lukewarm.

Note: extreme temperatures can make an upset stomach worse, especially in the case of food poisoning. Stick to lukewarm temps.

Add fresh leaves to club soda, juices, or smoothies.

Chew on peppermint gum (preferably without artificial sugars).

Suck on peppermint candies (use as last resort, as sugars are not ideal).



GINGER

Chew on a little piece of raw ginger root (if you can stand its potency!)

Add a few thin slices of fresh ginger to a glass of club soda and sip.

Brew a cup of ginger tea with freshly sliced or grated ginger root in hot water for 5-10 minutes, sip once cooled to lukewarm.

Steep Ginger Herbal Tea bags in hot water for 15 minutes, sip on once it's cooled off to lukewarm.

Suck on dried or candied ginger.

Take a ginger supplement.



APPLE CIDER VINEGAR

To use for general upset stomach:

Mix one tablespoon of ACV and one heaping tablespoon of honey into a cup of lukewarm water. Drink.

Note: this ACV drink is great for daily use for overall health as well!

For stomach virus or food-borne illnesses:

Sip on a tablespoon or two of ACV, straight if you can. Dilute 50/50 with if drinking straight is too strong or upsets stomach. Repeat as needed.

Note: use raw, unfiltered ACV with the "mother", such as Bragg's brand.



ACTIVATED CHARCOAL

Adults: 25 - 100 grams
Children 1-12 yrs old: 25 to 50 grams
Children < 1 yr old: 10 to 25 grams

Mix with water and drink. Can also mix with juice or applesauce, especially for smaller children.

Use at the onset of symptoms or when food poisoning is suspected. Increase dosage as necessary and repeat every 3 hours until symptoms subside.

Be sure to drink an adequate amount of water when activated charcoal is taken.

NOTE: Activated Charcoal can interfere with medications and supplements if it is taken within 1 hour before or 2 hours afterward.



BENTONITE CLAY

Drink 1/2 to 1 teaspoon once per day for daily maintenance, or once every 3 hours when you suspect food poisoning or stomach virus.

Mix the clay in water using a glass jar with a non-metallic lid and shake until the clay dissolves. Or use a plastic whisk in a glass. Drink immediately.

DO NOT allow it to contact metal, as metal can reduce its effectiveness.

It is best not to take within an hour of eating food or within 2 hours of taking medications or supplements as it might reduce their effectiveness.

Use in a detox bath by mixing 1/4-3/4 cup to bath water. Soak 20+ mins.



ESSENTIAL OILS

Use in a diffuser. If a diffuser is unavailable, place a drop into your hands or onto a tissue, bring it up to your nose and inhale deeply. Smelling the oils straight from the bottle is also a great way to get effective relief.

Apply topically by diluting a drop or two of EOs into a carrier oil and applying it to bottoms of the feet, on the inner wrists, and/or rubbing them in circular motions directly on the belly.

Essential Oils (Use a single oil or a blend of the following): Anise, Basil, Caraway, Coriander, Fennel, Ginger, Patchouli, Peppermint, and Tarragon.