

Natural Remedies for Indigestion

Imagine in everything you ate caused pain and discomfort. For those who suffer from chronic indigestion, that's the everyday way of life.

If you suffer from chronic indigestion, you're probably tired of taking medication continuously. You'd likely prefer to find a way to control your indigestion and reduce your medication intake. There are several natural home remedies you can try that can help to reduce the effects and bring relief from acid reflux, heartburn and indigestion. Medicated antacids can have nasty side effects, and the high aluminum content in some of these medications may even be attributed to senility and Alzheimer's disease. Using natural remedies, on the other hand, can bring non-medicated relief.

Aniseed or anise is a powerful herb that is known to soothe the discomfort of digestive conditions, while providing other healthy benefits to your body. There is more than one type of anise, and it's important to take the right one. Ask your health food store for the ash-colored varieties of anise, commonly known as green, sweet or European anise. Other types such as star anise and caraway, though popular in cooking, should not be used to aid in digestion.

Chicory Root: This is a bitter herb that contains escarole and endive. Boiling one and a half cups of water with chicory root for five to ten minutes, then allowing it to cool, will create a tea that you can drink to correct heartburn, indigestion and acid reflux. Adding chicory root to your salad is another way to aid in digestion.

Cinnamon: Soups, stews, baking and more. Cinnamon is a welcome addition to all kinds of foods, and it's a tasty way to combat stomach discomfort. Cinnamon has an antiseptic effect, and may be able to settle acidic stomachs. Many people choose cinnamon as it gives food a unique flavor, while offering soothing relief.

Grapefruit: While eating a whole grapefruit can cause digestive distress, some people say that the grapefruit peel can be a helpful remedy. Grate the entire outer skin of a grapefruit, and then allow the shavings to dry. Once fully dried, the grapefruit peels can be safely stored. When indigestion strikes, try chewing the dried peel as a snack to help settle your stomach. Just a nibble is all you need, so be careful not to overdo it.

Lavender: This sweet-smelling herb is highly respected for its many soothing properties. Used to treat many internal and external conditions, taking lavender can bring relief of stomach discomforts, and can reduce the amount of acid in your stomach.

Papaya: A delicious tropical fruit that naturally contains the digestive enzyme papain. This enzyme is excellent for protein digestion, and can be taken with every meal. Some sources report taking 500mg or more of papaya enzymes per meal, but you must check with your health practitioner or at your health food store for the dosage amounts that are best for you.

Peppermint: Another natural remedy for indigestion. That's why restaurants have traditionally served peppermints on the check tray. Peppermint naturally helps your digestion system, while bringing relief for cramps, ulcers, gas and other stomach problems.

Pineapple: These fruits are rich in a number of naturally occurring enzymes including bromelain, which reduces protein. This natural wonder may help to support digestion, reduce the inflammation caused by digestion, and even support the healing of damaged esophagus tissues. Fresh pineapple juice has a high level of enzymes that can help put an end to your indigestion. You can also choose to purchase bromelain in capsule form, and take 200 to 500mg per meal. Again, ask an expert before taking any dietary supplements.

If you suffer from chronic indigestion, there are many natural remedies that can bring the relief you need. Many people choose natural treatments over medicated remedies to avoid side effects and potential long-term effects. Speak with your doctor or healthcare provider to determine the chronic indigestion remedies that are best for your condition and your lifestyle.