



## What is Intestinal Gas?

During the process of digestion, food is broken down into molecules that the body can use to fuel itself. However, sometimes food does not break down completely and **food remnants make its way into the large intestine** in a semi-digestive state where it then ferments.

Billions of hungry bacteria (the natural "intestinal fauna") that we all have in **our large intestine then produce a variety of gases** such as methane, hydrogen and hydrogen sulfide as by-products of this fermentation process. These vapors are known as intestinal gasses, and can cause stomach bloating until they leave the body as flatulence through the anus.

## Help for Intestinal Gas

### Natural Remedies

Many herbal and homeopathic remedies have been formulated with specific ingredients to promote digestive function and combat **intestinal gas**. Zingiber officinalis (Ginger) has a long history of use in relieving the symptoms of indigestion, flatulence and nausea. Foeniculum officinale (Fennel) also helps to relieve the **symptoms of gas** and bloating while the homeopathic ingredient Carbo. veg. is excellent for **absorbing excess gas and toxins in the body** and is particularly effective for individuals who suffer from sporadic constipation and diarrhea.

## More Information for Intestinal Gas

Digestive juices (bile) are stored in the gallbladder, and when juices harden and become solid, they form into pieces of stones called gallstones. Bile consists of water, cholesterol, fats, bile salts, proteins, and a waste product known as bilirubin. If there is **too much cholesterol, bile salts, or bilirubin in bile**, it can harden into gallstones.

**Intestinal Gas** are made of cholesterol and bile pigments. Cholesterol stones may form when bile contains too much cholesterol or bilirubin, or not enough bile salts. These stones may even form when the **gallbladder does not empty completely** or often enough. If one of these stones partially or completely blocks the normal flow of bile may cause a biliary colic attack together with nausea, vomiting and abdominal pain.

Gallbladder attacks typically follow after a fatty meal. When stones **continuously block the drainage of bile**, inflammation or infection of the gallbladder and bile

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

ducts, acute pancreatitis and jaundice may be caused.

## Tips to lessen intestinal gas:

- **Limit Fizz.** Soda drinks can be your worst enemy, as they can augment your [intestinal gas](#). Also avoid beer. If you do drink a beverage like beer, pour it in a glass first to let some of the fizz out.
- **Drink different kinds of herbal teas.** Try a cup of tea from ginger, mint, cinnamon, or chamomile tea, and add a little sugar, or honey.
- **Hydrate.** Drink plenty of water and clear soups (broths without cabbage or beans).
- **Try not to swallow air** - you can do this by eating slowly and chewing properly. Avoiding chewing gum and hard candy - and quit smoking in a natural manner.
- **Foods or Foe?** Foods that cause problems are usually those high in fiber or carbohydrates, which are hard to digest. Some of the culprits include: beans, peas, whole grains, cabbage, grapes, plums, raisins, corn, onions, soft drinks, red wine, beer and foods containing milk or wheat (for people who are intolerant to them).

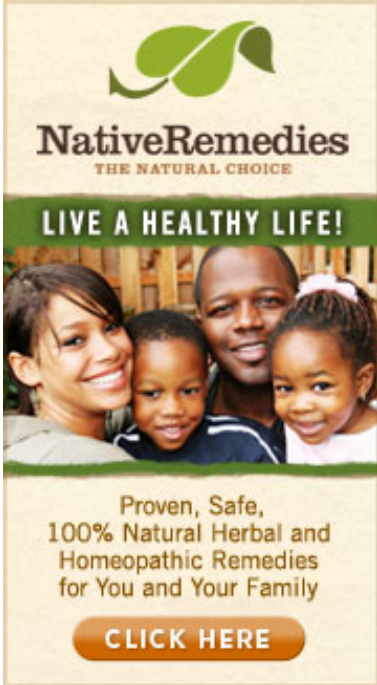
## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques,



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take

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responsibility for their own health.

## Related Natural Remedies:

**Digestion Tonic** : FDA Registered homeopathic remedy for maintaining digestive comfort, health and functioning

Triple Complex Digestion Tonic contains Kalium phosphate, Natrium phosphate and Calcium phosphate in a safe biochemic formula and can be used to **promote healthy digestion and harmony in the digestive tract.**

Triple Complex Digestion Tonic is the **perfect companion** to our [Gastronic Dr](#) and [DigestAssist](#) herbal drops and also helps to optimize absorption of these remedies. Regular use of Triple Complex Digestive Tonic can make all the difference in addressing digestive system health.

All Native Remedies biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified responsible pharmacists.

[Learn more about Digestion Tonic](#)

**DigestAssist**: Helps maintain digestive comfort and promotes healthy digestion.

Recognizing the need for a healthier and effective approach, Native Remedies has developed Gastronic Dr. and DigestAssist - both 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule which is used every day for the continued health of the digestive tract and to promote ongoing, healthy, trouble-free digestion. Regular use of Gastronic Dr. safely and effectively acts to promote digestive health.

DigestAssist, the perfect companion to Gastronic Dr., comes in fast-acting and convenient drop form, and can be taken as needed to promote digestive comfort after meals, helping you to enjoy your food every day.

These formulas remain true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about DigestAssist](#)

**Gasolve Relief** : To support normal levels of gas in the bowels and support healthy digestion

Gasolve Relief is a 100% herbal natural remedy for **supporting the digestive system and normal levels of gas in the gut.**

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the digestive system and **discourage common gas, flatulence and belching.**

[Learn more about Gasolve Relief](#)

Read the testimonials for these quality products [here!](#)

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



**Read more about the Native Remedies Full Spectrum Approach™**

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