



What is an Upset Stomach?

An [upset stomach](#) is another term for [indigestion](#). When we eat, our bodies start the **process of breaking down our food** into molecules that we can use at a cellular level. Sometimes this process is hampered (food is not broken down properly, or wind is trapped in the stomach) and as a result, we feel certain symptoms.

Symptoms of an upset stomach

[Symptoms of an upset stomach](#) usually follow food ingestion, or are present when we have a 'tummy bug' or virus. They are varied and may include any of the following:

- Occasional heartburn
- A taste of bile in the mouth
- Pain in the abdomen
- Bloating
- Irregular bowel movements
- Constipation
- Bile reflux
- Irritable bowel syndrome (IBS)
- Gas
- Diarrhea
- Nausea
- Abdominal cramping
- Flatulence
- Vomiting

Help for Upset Stomach

Natural Remedies

Many herbal and homeopathic remedies have been formulated with specific ingredients to promote gentle food breakdown and support the digestive system. Zingiber officinalis (Ginger) is an excellent remedy for **[maintaining digestive health and functioning](#)**. Working mainly in the digestive system, Ginger boosts digestive fluids, promotes transport through the digestive system, and neutralizes acids, helping to soothe stomachs safely.

Matricaria recutita and Ulmus fulva are also helpful herbs in the treatment of digestive disorders helping to **address post meal troubles** such as heartburn, indigestion and flatulence, while Mentha piperita is a calmative and analgesic herb

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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.

which aids digestion, prevents nausea and vomiting and promotes the flow of bile. In addition, Nat. Phos. is a homeopathic remedy that acts as a biochemical antacid, acid neutralizer and PH balancer. It helps to ease digestion problems like bile reflux or heartburn gently, yet effectively.

Tips to help alleviate an upset stomach

- Go bananas! Bananas not only soothe the stomach and counteract the acids that can cause an upset stomach, but they are also easily digested and can help ease diarrhea.
- Ginger knows best. Strong ginger tea, can work wonders and help to relieve nausea. In China, ginger has been used to treat upset stomachs for over 2,000 years!
- Minty mend. Peppermint has long been hailed as a natural tummy soother. The strong vapor promotes the flow of bile and helps to calm stomach muscles.
- Take it easy. Take a warm bath, lie down and listen to calming music or curl up with a good book and rid yourself of [stress](#) in a way that works for you.
- Watch out. Avoid foods that may cause upset stomach or gas. (Coffee, onions, milk, cauliflower, chocolate, fried foods and baked beans).
- Water is important! The most important thing (especially when vomiting) is to stay hydrated. Try to drink small amounts of liquids at regular intervals. Water, fruit, teas and electrolyte solutions work best.

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



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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.

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, 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.

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

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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 responsibility for their own health.

Related Natural Remedies:

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](#)

Tummy Trumbles: Natural tummy tonic for healthy bowel activity in children

Tummy Trumbles is a complex natural remedy that is 100% safe and natural and is used as a supportive tummy tonic for children and to **support normal bowel activity and healthy, firm stools.**

Especially formulated for children and a must for every Mom's remedy cupboard, Tummy Trumbles comes in convenient drop form, making it easy to administer to children of all ages in a little water or their favorite juice.

Like all Native Remedies products, Tummy Trumbles is 100% natural, and manufactured according to the highest pharmaceutical standards. Individual ingredients are well-researched and have been specially chosen for their high safety profile in children's remedies.

[Learn more about Tummy Trumbles](#)

KiddieVom Sprinkles: Promote healthy digestion and comfort after meals

KiddieVom Sprinkles combines 100% safe and natural herbal ingredients that are especially chosen to soothe small stomachs. KiddieVom **supports the digestive process and maintains stability** in the digestive system.



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**Six Good Reasons
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herbal & homeopathic remedies:

Sprinkled directly onto the tongue, the pleasant-tasting fine granules of KiddieVom Sprinkles are easy to administer to all ages. A large part of the remedy is absorbed directly through the mucous membranes of the mouth, which means the effect is quickly maintained after administering KiddieVom Sprinkles.

Like all Native Remedies products, **KiddieVom Sprinkles is manufactured according to the highest pharmaceutical standards.** Individual ingredients are well-researched and have been specially chosen for their high safety profile in children's remedies.

[Learn more about KiddieVom Sprinkles](#)

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

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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