



Digestive Synergies and Formulas

General Indigestion Synergy

Carminative: angelica, anise, coriander, dill, cardamom, fennel, ginger, peppermint, marjoram

Relaxant: lavender, chamomile,

Digestive tonic, relaxant: citruses

Medicinal: tea tree, thyme ($\frac{1}{4}$ - $\frac{1}{2}$ part)

Important Herbal Additions

Digestive bitters, aromatic teas, spices

Constipation Synergy (equal parts of one or two from each category)

Stimulate peristalsis: fennel, ginger, black pepper

Calming, anti-inflammatory: lavender, geranium

Antispasmodic: chamomile, marjoram, clary sage

Digestive tonic, relaxant: citruses

Carminative, antiinflammatory: peppermint, spearmint ($\frac{1}{4}$ to $\frac{1}{2}$ to part)

Important Herbal Additions

Flax seed powder, slippery elm, triphala, digestive bitters

IBS & IBD Synergy (equal parts)

Antispasmodic, relaxant: chamomiles, clary sage

Anti-inflammatory, antispasmodic: mints ($\frac{1}{4}$ to $\frac{1}{2}$ part)

Digestive tonic, relaxant: citruses, neroli, orange, tangerine, bergamot

Carminative: fennel, caraway

Relaxant: lavender

Important Herbal Additions

Calendula, chamomile, aloe vera, licorice, flax, slippery elm, triphala, gotu kola, marshmallow, turmeric, lemon balm

Gingivitis

Chamomile, cinnamon, eucalyptus, clove, citruses, tea tree, thyme, peppermint, frankincense, myrrh, laurel

Important Herbal Additions

Calendula, myrrh, goldenseal