



## DR. STEPHANIE'S GUIDE TO IMPROVING THE STOMACH/PANCREAS

Many patient suffer with digestive problems. Acupuncture and Chinese herbs can target the underlying imbalance causing your digestive problems including stress, food allergies, weak digestion and more. Always avoid cold raw foods and ice in drinks and eat cooked foods instead. Drinking tea after meals also helps improve digestion.

Symptoms associated with stomach & pancreas disorders: acid reflux, poor or excess appetite, bloating, diarrhea, constipation, indigestion, belching, gastritis, nausea, vomiting, heartburn

## FOOD THERAPY FOR STOMACH/PANCREAS

Add these foods in your diet to benefit your stomach & pancreas:

- apples
- congee
- cooked vegetables
- dates
- figs
- garlic
- grapes
- honey
- mandarin oranges
- miso
- oats
- pineapple
- pumpkin
- raspberries
- squash
- sweet potatoes

Add these spices & herbs:

- cardamom
- cinnamon
- cloves
- coriander
- fennel
- fenugreek
- garlic powder
- ginger powder
- nutmeg
- pepper
- sweet basil

Drink hot tea with each meal:

- cinnamon tea
- black tea
- ginger tea



## ESSENTIAL OIL THERAPY FOR THE STOMACH & PANCREAS

When using essential oils, remember that less is more! Essential oils are very powerful and only a very small amount is needed to achieve a great effect. It is always important to dilute the oils in a few drops of carrier oil (olive oil, safflower oil, coconut oil, or sweet almond oil) to avoid potential skin irritation. You can choose one or a combination of the oils listed below. Always choose therapeutic-grade essential oils, as cheaper oils will not offer these benefits. To order single oils, visit our website: <https://yldist.com/newdirection/>. You may also purchase our custom therapeutic blend of the oils below, available in our pharmacy.

### How to use:

When using essential oils to improve digestion, I recommend applying them to the *abdomen*.

### **Top 5 essential oils to improve digestion:**

#### **Patchouli**

- what it does:
  - alleviates nausea/vomiting, eases bloating, stops diarrhea, alleviates abdominal pain, improves bad breath, curbs appetite, stimulates weight loss

#### **Cardamom**

- what it does:
  - improves appetite, alleviates indigestion, stops diarrhea, alleviates nausea, stops hiccups, soothes acid reflux, relieves flatulence, improves nervous indigestion

#### **Bergamot**

- what it does:
  - regulates appetite, alleviates nausea, improves indigestion & bloating, calms nervous stomach

#### **Fennel**

- what it does:
  - improves sluggish digestion, calms nausea, improves constipation, stimulates weight loss

#### **Ginger**

- what it does:
  - alleviates gas/flatulence, stops diarrhea, alleviates morning sickness, alleviates motion sickness, relieves nausea & vomiting, improves appetite, alleviates indigestion



## TEAS FOR IMPROVING DIGESTION

Always choose organic teas when possible to avoid chemicals and pesticides.

Teas for digestion:

- **ginger tea**
  - alleviates nausea, improves digestion, aids in digestion of nutrients
- **peppermint tea**
  - calms irritable bowel syndrome, relieves gas, improves stomach pain
- **fennel tea**
  - relieves nausea & flatulence, relieves stomach cramps, helps indigestion & bloating
- **chamomile tea**
  - relieves & prevents stomach cramps, calms nervous stomach, eases gas & bloating, reduces heartburn, alleviates nausea

## SUPPLEMENTS FOR IMPROVING DIGESTION

We provide physician-grade quality supplements to give you the best results. Here are the top recommendations to improve your digestion:

Recommended supplements:

- **Probiotics**
  - boosts "good" bacteria in the gut, improves digestive function, prevents & treats diarrhea, improves irritable bowel syndrome
- **Digestive enzymes**
  - enzymes used to assist the body in breaking down food (especially protein, gluten, casein and lactose), improves nutrient absorption, helps to heal leaky gut
- **L-glutamine**
  - amino acid used to heal damage to the gut lining, heals leaky gut syndrome, aids in weight loss, helps burn fat & build muscle, helps heal ulcers, improves IBS & diarrhea, improves sugar & alcohol cravings, promotes healthy bowel movements, improves blood sugar, helps with memory & concentration
- **Nux vomica**
  - homeopathic used for nausea & vomiting, constipation, bloating, heartburn, and other digestive complaints, eases hangovers
- **Betaine HCl**
  - treats acid reflux due to low stomach acid, helps absorption of vitamin B12, aids in digestion of proteins, prevents yeast, parasites, viral and bacterial infections