

# Natural Help 4...

# Abdominal Swelling



## What is Abdominal Swelling?

Abdominal swelling, also known as stomach bloating or abdominal distention, is a condition characterized by the **excessive accumulation of intestinal gas**. The abdominal wall swells when gas is trapped in the intestines or peritoneal cavity – gas is produced at a higher rate than normal. Your abdomen feels full and tight, even when you have not eaten.

## What Causes Abdominal Swelling?

This is a common condition and may be due to overeating, weight gain, premenstrual syndrome (PMS), contraceptive pill, pregnancy or constipation. Very often **abdominal swelling is caused by intestinal gas** as a result of a sudden increase in fiber such as vegetables and fruit. Eating fatty, salty or processed foods and drinking carbonated drinks or too much alcohol can also lead to a stomach bloating.

Sometimes swallowing air unconsciously, too little protein in the diet, food allergies or being lactose intolerant may cause a puffy stomach. However, **abdominal swelling may also be the result of a more serious illness** that causes intestinal inflammation or obstruction such as colon cancer, diverticulitis, Crohn's disease, or irritable bowel syndrome (IBS).

Abdominal swelling occurs when large volumes of different gases – hydrogen sulphides or mercaptans are produced at a higher temperature and pressure. These **gases stretch the gut wall past its elasticity limit, causing the abdomen to expand** and become bloated. This bloated feeling may be painful, smelly and very uncomfortable.

## Help for Abdominal Swelling

The best way to deal with abdominal swelling is by eliminating certain foods from your diet. **Eliminate gas-producing foods** (such as beans) one at a time. If gas does not decrease, put the gas producing food back into your diet and eliminate another one until you have tested all of them. Over-the-counter and prescription medication such as antacids may also help to relieve discomfort. If symptoms persist, you should consult your doctor to rule out any other underlying conditions.

## Natural Remedies

Natural herbs are also an excellent treatment option for **relieving stomach bloating and excessive gas**. Herbal ingredients are safe to use and gentle on the

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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.

body's system. Best of all, herbs benefit your overall health – keeping the mind, body and soul in better shape than ever! Zingiber officinale (Ginger) is one of the most well known herbs and is very effective for the digestive system – it boosts digestive fluids and neutralizes acid while also reducing symptoms of indigestion, [flatulence](#) and nausea.

Herbs such as Foeniculum vulgare (fennel) and Mentha piperita (mint) have wonderful soothing and calming anti-inflammatory properties but are also extremely **effective in treating the symptoms of digestive problems** such as heartburn. In addition, Pelargonium graveolens (stomach pain bush) is an anti-spasmodic herb that minimizes stomach [pain](#) and cramps.

## Tips to prevent Abdominal Swelling

In order to prevent [stomach bloating](#), follow these helpful tips:

- Incorporate fresh fruit and vegetables into your diet that will not cause gas and stomach bloating
- Drink at least eight glasses of water daily to cleanse the body
- Exercise regularly to encourage more frequent bowel activity
- Reduce your intake of stimulants such as coffee, tea and chocolate
- Increase your intake of B-complex vitamins and magnesium and calcium
- Reduce stress by practicing deep breathing exercises or learn to meditate
- Keep a diary where you monitor what foods causes you to bloat

## Foods to avoid

- Fruits such as apples, peaches and pears
- Vegetables such as beans, cabbage, onions, artichokes, asparagus, brussel sprouts and broccoli
- Whole grains such as bran and wheat
- Salt and processed foods
- Carbonated drinks and fruit juices
- Milk products such as cheese, yogurt or ice cream and foods containing lactose
- Chewing gum and hard candy

## 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.



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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.

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, 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

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## **Great Health Sites**

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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 responsibility for their own health.

## **Related Natural Remedies:**

**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.**

Just a few drops in a little water or juice will help support digestive calm, soothe the digestive system and **discourage common gas, flatulence and belching.**

[Learn more about Gasolve Relief](#)

**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!



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**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](#)

**Liver Dr.:** Support liver health and functioning naturally

At Native Remedies, we recognize the vital importance of liver health – for quality of life and wellbeing, as well as for maintaining the important **liver functions of detoxification** and protection via healthy immune systems. For this reason, together with the experts, we developed Liver Dr. to address these important health needs.

Liver Dr. is a 100% herbal remedy containing herbs known for their ability to **support the functioning of the liver**, thereby improving overall systemic health.

Apart from their beneficial effect on the liver, the herbs chosen for Liver Dr. also have other important therapeutic benefits, which further contribute to a healthy body and better quality of life.

Liver Dr. comes in concentrated and easy to use tincture form and is formulated to be easily absorbed into the system.

[Learn more about Liver Dr.](#)

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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