HEAL MARKETPLACE

DIGESTIVE TONIC

Fast, Reliable Relief for the Upper Digestion

Digestive Tonic is a simple four-ingredient blend — Ginger Root, Fennel Seed, Peppermint Leaf, and Peppermint Essential Oil — built for fast, reliable relief of upper digestive upset. It's often combined with L/P Formula, part of the Liver Detoxing Program, for a quick and complete response to nearly any kind of upper-digestion discomfort, though Digestive Tonic also works well entirely on its own.

Ingredients



Ginger Root

Warming and traditionally used to support digestion, adding both heat and stimulation to the blend.



Fennel Seed

A traditionally soothing, mildly sweet seed long used to ease digestion.



Peppermint Leaf

A classic digestive-soothing herb with a bright, cooling taste.



Peppermint Essential Oil

Concentrated peppermint oil that rounds out the blend's soothing, cooling effect.

Suggested Use

Dosage varies depending on what you're using it for — see the guidance below for common situations. As a general rule, Digestive Tonic can be used alone, or combined with L/P Formula for a faster, more complete response.

Acid Reflux — for mild reflux, 1 tsp in a glass of water often brings fast relief. For more severe reflux, combine 2 tsp each of Digestive Tonic and L/P Formula in a few ounces of water, then chase with a full glass of water or juice — this consistently brings fast, continuous relief from the acid and helps protect the esophagus from irritation.

Bloating & Gas — for bloating or serious gas pain, 2 tsp each of Digestive Tonic and L/P Formula, followed by lying on your right side (liver side down) for a few minutes, brings noticeable relief — often within 5 minutes, as the pressure moves and the body begins to release gas.

Upset Stomach & Nausea — for an upset stomach or nausea, even to the point of feeling like you're about to be sick, 2 tsp each of Digestive Tonic and L/P Formula taken together can settle the stomach within minutes. Digestive Tonic also works well on its own after a meal that isn't sitting well.

Motion Sickness — sipping Digestive Tonic during travel can ease motion sickness — and it's pleasant tasting enough to sip freely. Try 1 tsp per 32 oz water bottle: start the trip with a full glass of water with the teaspoon mixed in, then keep sipping the same mix throughout the ride to stay hydrated and comfortable.

Used alone, Digestive Tonic is a gentle, effective aid. Combined with L/P Formula, it becomes a quick, complete response to nearly any upper-digestion upset.

Related Support

Eating-Triggered Abdominal Pain — if pain flares up with eating — even something as small as a bite of banana — a tablespoon of Apple Cider Vinegar in a few ounces of water can bring fast relief, often within minutes. This may reflect low stomach acid needed to properly digest food.

Hiccups — Lobelia, an antispasmodic, is the more direct remedy for hiccups, since it works on the diaphragm spasm itself. When hiccups are triggered by an irritated or acid stomach, Digestive Tonic's Ginger and Peppermint can help settle the stomach and ease the irritation.

This information is provided for educational purposes and reflects traditional herbal use. It is not intended to diagnose, treat, cure, or prevent any disease, and is not a substitute for professional medical advice.

For more on this formula, see my blog post “Fast Relief for an Upset Stomach” at www.daradietz.me.