

# 3 Herbal Teas for Bloating, Intestinal Cramps and Flatulence



## 1. Fennel Tea

Fennel is an important herb that has been used safely for many thousands of years in Chinese, Indian, Arabian and Western medicines. Aside from its value in cooking as a spice, it has been traditionally used as an aid to digestion and it has many health benefits.

Fennel tea is prepared from crushed or ground mature fennel seeds. These seeds are rich in important volatile oil compounds like anethole, fenchone and estragole that are believed to

be responsible for its antispasmodic, anti-inflammatory and antibacterial/anti-microbial properties.

Here's how to use fennel tea for gastrointestinal problems like bloating, IBS and flatulence.

## **Fennel Tea for Bloating and Flatulence**

Many people report that [drinking fennel tea](#) regularly actually reduces their incidence of both bloating and flatulence. Once again, it's the volatile oils that are responsible for this beneficial effect on our digestive system. These compounds help relax the smooth muscles of the gastrointestinal tract and can assist in reducing stomach cramps and bloating.

As both digesting food and trapped gases pass through our system more easily, there is less chance of foods fermenting and putrefying in the large intestine. In this way, the tea can be a very effective flatulence remedy, particularly for those really smelly farts that can result from undigested food getting stuck in our colon.

## **Using Fennel Tea for IBS**

[Irritable Bowel Syndrome](#) (IBS) is a condition involving the large intestine that affects many people, especially women. Symptoms vary, but often include abdominal pain, bloating and stomach cramps, problematic bowel movements and excessive flatulence.

Fennel tea has been shown to be one of the premier treatments for IBS. The volatile oil compounds in it first help increase the production of gastric juices to get digestion started properly. These

same compounds then assist in regulating the contractions of the intestines, helping to relieve intestinal cramps and trapped stomach gas.

Since the volatile oil content in the fennel seeds directly affects its effectiveness in treating IBS, bloating and flatulence, it is worth looking for a tea formulated with a high volatile oil content. The best fennel tea I've found online is [Heather's Tummy Tea](#), made especially strong for treating IBS.

## **Other Health Benefits of Fennel Tea**

- Fennel tea is a mild diuretic and can help flush excess water and toxins out of the body.
- Fennel seeds are very high in antioxidants.
- Fennel tea has anti-inflammatory properties and drinking it regularly may benefit people suffering from joint pain and arthritis.
- Drinking the tea can help ease a sore throat, reduce a fever and loosen phlegm from your respiratory system.
- Fennel tea may help lower blood pressure naturally.
- Improved metabolism and weight loss may result from drinking fennel tea regularly.

- The seeds are a great breath freshener. You can either chew them after a meal or drink a [strong fennel tea](#) for the same effect.
- Fennel tea is an immune system enhancer and many people report an improved sense of relaxation and well-being after drinking it.

## **Fennel Tea Side Effects**

There have been very few side effects reported with this herb. In fact, it is so safe that weak fennel tea is often given to babies as a treatment for colic.

It is suggested to talk to your doctor before drinking the tea regularly if you are being treated for breast or ovarian cancer due to a possible (but unproven) mild estrogenic effect.

Fennel is also not recommended for people prone to seizures or taking seizure medication.

Very rarely, allergic reactions to the herb have been observed, particularly in people with an allergy to carrots or celery.

# How to Make Fennel Tea at Home

While the cost of fresh fennel seeds is often comparable to the prepared loose tea, some people like to make their own tea at home. Here's how:

1. Get a [bag of fresh fennel seeds](#), preferably ones with a high volatile oil content.
2. Crush up 1 to 2 tablespoons of the seeds with a mortar and pestle.
3. Put the crushed seeds in a large mug and pour a cup of very hot, but not boiling, water over them (turn the kettle off before just before it boils).
4. Cover and steep for 8 to 10 minutes.
5. Strain and enjoy, perhaps with a small amount of honey.

If you prefer the convenience of tea bags or prepared loose tea, the next article on [where to find fennel tea](#) has some great online options.

Fennel tea can help with a variety of digestive problems, including bloating, cramps, intestinal gas, heartburn, loss of appetite and even colic in children. If you're suffering from any of these gastrointestinal issues, a warm cup of fennel tea can provide gentle and natural relief.



## 2. Ginger Tea

Ginger in food, or ideally as a strong tea, helps stimulate saliva, bile and gastric juice production to aid in digestion. Phenolic compounds, primarily gingerol and shagaol, and various other volatile oils are responsible for ginger tea's [beneficial effect](#) on your digestive system.

The ideal time to drink ginger tea would be just before a big meal and possibly having a small cup of it while eating. It's certainly much more beneficial for your digestion (and therefore stomach gas and flatulence) than [coffee](#) or [soda](#).

## Digestion and Flatulence

By improving digestion, ginger will naturally reduce the potential for intestinal gas and flatulence resulting from a poorly digested meal. But can it have a positive effect if you already have a problem with bloating?

Ginger tea has muscle relaxant properties that can help relieve gases trapped in the digestive system. Bloating and intestinal cramps can be caused by tension and spasms in your gastrointestinal tract. By gently relieving these constrictions, ginger tea can help release trapped digestive gas and alleviate bloating.

This same calmative, relaxing effect on your intestinal environment is likely to be the reason why the tea is such an effective remedy for excessive flatulence. By stimulating the process of digestion and relaxing the smooth muscles of the digestive tract, ginger tea helps the food you eat pass through your system more easily.

The more smoothly and effectively your meals travel through your gastrointestinal tract, the less chance of blockages in your system that can lead to prolonged food fermentation and those really smelly farts.

## Other Health Benefits of Ginger Tea

- Ginger tea has been found to be an [effective heartburn remedy](#). It is believed the active compounds in it help improve the function of the lower esophageal sphincter in preventing acid reflux.

- Tea made from ginger is a useful treatment for nausea and motion sickness. Some studies have shown ginger tea to be even more beneficial than certain prescription drugs for either condition.
- Compounds in ginger have been demonstrated to reduce inflammation and it can be a helpful treatment for those suffering from arthritis and joint pain.
- [A strong ginger tea like this](#) can improve circulation and has been reported to enhance mood and impart a sense of well-being.
- With its natural antibacterial and antiviral properties, drinking the tea regularly helps reduce the symptoms of cold, flu and other respiratory ailments. It also improves a sore throat and helps freshen your breath.

## **Ginger Tea Side Effects and Precautions**

- Though there are few commonly reported side effects of ginger tea, it is advisable to consult with a knowledgeable healthcare professional before having it regularly for people with serious heart conditions, diabetes, ulcers and bleeding disorders. In particular, drink all strong herbal teas like ginger away from medications.
- While ginger tea may be an effective aid for morning sickness, it is recommended that pregnant women check with their doctor before using it regularly. As is often the case with any

herbal product, it is also not recommended for women who are breast-feeding.

- Large amounts of fresh ginger may irritate the mouth, esophagus and stomach. Some recommendations advised not exceeding 4 grams of the fresh herb daily. Ginger tea side effects would not generally be a problem here with homemade ginger tea as you are not ingesting the whole herb.

## **Making Ginger Tea at Home**

Here is a simple way to make fresh and fragrant ginger tea at home:

1. Get a medium-sized ginger rhizome that looks fresh without wrinkles or too many blemishes.
2. Scrub it under warm water and carefully cut 3 to 6 slices as thin as you can and put them in a large mug.
3. Add a small amount of honey and/or lemon if you like and pour very hot, but not boiling water over the slices (turn off the kettle just before it boils).
4. Cover and let steep for 5 minutes.
5. Drink and enjoy.

If you don't have time to make up ginger tea at home, or would just like to be able to take it to work easily, [this organic ginger tea is particularly good](#). There's also some popular blends, [like these](#)

[great tasting lemon ginger teabags](#) available for better digestion and less flatulence.

Have you tried ginger tea for improving your digestion and reducing intestinal gas? I'd be interested to hear how it works for you, particularly for after meal digestive problems like bloating and cramps.



### 3. Peppermint Tea

Peppermint tea has [relaxant and antispasmodic properties](#) and can help relieve cramps and spasms in the gastrointestinal tract, bile duct and gallbladder. This improves the passage of both food and swallowed air through the digestive tract, allowing them to go through smoothly and without pain or discomfort.

The volatile oils in peppermint stimulate the gallbladder to release bile that your body uses to digest fats. The flow of bile to the liver can also be increased by the compounds in peppermint tea and moderate intake of the herb seems to have a detoxifying effect on the liver. A well functioning liver is vital to overall digestive health and therefore reducing flatulence problems.

While you normally shouldn't have too much liquid with meals, peppermint tea is one drink it really would be beneficial to sip a small cup of, just before or even during a meal for its positive actions on our digestive systems.

Personally, I find a cup of peppermint tea around half an hour before food really seems to help prevent problems later on, particularly if I'm having a large or a little less than healthy meal.

## **What is the Best Peppermint Tea for Bloating and Digestive Problems?**

When looking for a good peppermint tea you want to find one with the peppermint leaf cut thickly, so as to avoid losing too many of the important oils in processing. Ideally, the peppermint should be grown organically and available in unbleached teabags for the healthiest option.

Searching for the best peppermint tea I kept coming across recommendations for Heather's. Their peppermint tea is specifically grown for a high volatile oil content and is considered medicinal strength. As well as bloating and occasional stomach cramps it is even praised as effective for people with IBS and other serious digestion problems.

While [these high strength peppermint tea bags](#) are easy to use and take to work, for an even stronger tea you can also use [loose leaf organic peppermint](#) in a teapot or French press, steeped in very hot, but not boiling, water for a few minutes.

There's much more on [how to make a great cup of peppermint tea for relieving digestion problems like bloating and intestinal cramps here](#).

## **Peppermint Tea Effects and Precautions**

Peppermint has an effect on digestion and other physiological processes. For most people this effect is positive, but, as with any herbal supplement, it makes sense to be aware of the influence its introduction is having on your health and general wellbeing.

Strong peppermint tea taken around the same time as certain medications may interfere with their absorption, so be conscious of this and consult a knowledgeable health-care professional if you are taking prescription medicine.

It may also interfere with iron absorption if taken at the same time as iron containing foods or supplements. If you are worried about not getting enough iron in your diet it may be a good idea to use either the tea or [peppermint oil capsules](#) before a meal rather than with it.

Peppermint tea or oil is generally not recommended for pregnant women, very young children or people with heart disease, ulcers or problems with reflux and heartburn. Again talk to your doctor if in doubt.

There have been a few studies, mainly on rats, that suggest drinking large amounts of peppermint tea may lower testosterone levels. It seems the amounts would need to be relatively excessive,

but it still makes good sense for men concerned about this to enjoy the tea in moderation.

## How Many Cups a Day?

A cup or two a day is probably enough to get the digestive benefits of peppermint tea without going overboard. As with most herbs and supplements, be aware of how they are making you feel, particularly around an hour or two after taking them. It's also a good idea to take a week off any herb or supplement from time to time.

The beneficial effects of peppermint tea are enjoyed by millions of people around the world. It makes a great tasting, caffeine-free pick me up that can [effectively aid digestion, help relieve stomach gas and bloating and prevent flatulence](#).

Have you tried [medicinal strength peppermint tea](#) for bloating and stomach cramps before? I'd be interested to hear how it worked for you personally. If you've never tried it I'd really recommend giving it a go, not just for the health benefits, but for the refreshing taste as well.



## **Fennel, Ginger or Peppermint Tea?**

These are the 3 best herbal teas that I've found for relieving digestive problems like bloating and stomach cramps and preventing excessive flatulence.

From my research, generally for serious gastro-intestinal problems like IBS and painful cramps [strong fennel tea](#) seems to be the most effective.

Ginger tea is an all round healthy tea, not just for digestive problems, but also for improving circulation and reducing inflammation. It's also quite an [energizing tea to drink](#).

Lastly [peppermint tea with a high volatile oil content](#) works well for many people with digestive problems and is great for reducing flatulence. It also naturally improves your breath and body odour and is a very relaxing tea to drink.

Personally, I like to have a mix of all three, both for variety of taste and effectiveness. Each of them is powerful natural medicine in its own way and I hope they can make a positive difference for you.

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