



Irritable Bowel Syndrome

Mix equal quantities of the following herbs:

Peppermint leaf powder
Caraway powder
Ginger powder

Take 1 tablespoon right before meals.





Additional suggestions:

- Avoid eating when stressed; manage emotions first
- Eliminate trigger foods: gluten, oats, soy, corn, peanuts, refined products
- Add turmeric: 1 tsp per meal with healthy fat
- Drink aloe vera juice: 100 ml, 15 min before meals
- Take slippery elm: 1 tsp before meals
- Include psyllium: 1 Tbsp with meals
- Eat mostly fruits & veggies; avoid animal products, sugar, additives, and artificial flavors
- Use herbs to support gut flora
- Avoid antibiotics & painkillers when possible
- Exercise regularly; sweat and walk 1–1.5 hrs daily or do interval training

For more information go to our website:



amevera.com

Informational only.
Always consult a medical professional.

