



Gas Relief Tea

Occasionally, we eat something that disagrees with us, or we overindulge, leaving us feeling bloated. Don't worry, an entire group of herbs, known as carminatives, are at your beck and call! Carminatives are herbs that ease gas and bloating in the GI tract. You will recognize many of these herbs, as most are used in cooking: fennel, caraway, ginger, anise, peppermint, cardamom, rosemary, cinnamon, and lemon balm. Candied fennel is often served in Indian restaurants at the end of the meal, and Creme de Menthe or after dinner mints are popular in the US and Europe. I often serve this tea to houseguests as an after-dinner tea.

Ingredients:

- 2 tablespoons caraway seed (fruit)
- 2 tablespoons coriander seed
- 2 tablespoons lemon balm leaf
- 2 tablespoons chamomile flowers
- 2 tablespoons peppermint leaf

Directions:

Mix all the herbs and put them in a glass jar. Screw on the lid, label the jar and store it in your kitchen cupboard.

How to Use:

Pour 1 cup near-boiling water over 1 heaping teaspoon of the herbal mixture. Steep for 10 minutes. Strain. Add honey if desired. Drink 1 cup after meals, or as desired.