



5 Takeaways

Herbs for Reflux Relief

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1. Your gut bacteria has a direct effect on your health and well-being.
2. Aloe Vera helps with heartburn, gas, nausea, reflux and more.
3. Marshmallow Root Tea helps with stomach inflammation and discomfort.
4. Chamomile Tea helps with stomach cramps, bloating and anxiety.
5. Ginger enhances gastric motility, moving food through stomach and decreasing the pressure on the sphincter.

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