



Module 2: Protection For The Digestive System: Herbal and nutritional therapies for protecting the digestive system against stress, inflammation, medications and pathogens

The digestive system is a sensitive and complex environment, easily disturbed by poor quality food, stress, medications and microbial pathogens. Medicinal plants have been used throughout history for their abilities to strengthen digestive functions, fight infections, reduce inflammation, and enhance and balance assimilation and elimination; these botanical powers are increasingly important and necessary, and can be easily brought into every home in the form of simple herbal preparations.

Dietary principles for protecting and healing the digestive system

Herbal products and preparations for recovery from antibiotic use

Combining bitter and aromatic herbs for improving assimilation and elimination

Aromatic preparations for abdominal applications

Herbs, foods and spiritual practices that protect the digestive system from stress

Enhancing digestive immunity against pathogens and food sensitivities

Regulating digestive secretions and peristalsis to protect against inflammation and acidity

Herbal protocols for treating bacterial infections and intestinal parasites