

Your Guide

5 Natural Ways to Beat Bloat, Boost Gut Health and Calm Inflammation.



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Herbal Allies for a Happy Gut



Soothe Digestion • Repair Your Gut Lining • Calm Inflammation

Your gut lining is the frontline of your health. When it's irritated or inflamed, it can cause everything from bloating and discomfort to brain fog and fatigue. The good news? Nature has provided us with incredible herbs that soothe, protect, and restore the gut, gently and effectively.

Let's dive into 3 powerful gut-healing herbs.



1. Chamomile (*Matricaria chamomilla*)

What it does: Soothes inflammation in the stomach and intestines. Relieves gas, cramps, bloating, and Calms the nervous system (bonus for stress-related gut issues)

Why it works: Chamomile is rich in flavonoids and sesquiterpenes that have anti-inflammatory and antispasmodic effects. It helps relax the smooth muscles of the digestive tract and supports the gut-brain axis—making it a double win for digestion and mood.

How to Use:

Tea: Steep 1–2 tsp of dried chamomile flowers in hot water for 5–7 minutes. Drink before bed or after meals.

Tincture: Take 1–2 dropperfuls (30–60 drops) in water 2x daily for calming support.



2. Marshmallow Root (*Althaea officinalis*)

What it does: Soothes and coats the gut lining, Reduces inflammation from leaky gut or acid reflux, Acts as a prebiotic (feeds beneficial gut bacteria)

Why it works: Marshmallow root is high in mucilage, a gel-like substance that coats and protects inflamed tissues. Think of it like an herbal “soothing balm” for your digestive tract. It can also reduce irritation caused by acid, food sensitivities, or stress.

How to Use:

Cold Infusion Tea: Add 1–2 tbsp of dried marshmallow root to a jar of room-temperature water. Steep overnight and drink throughout the next day.

Tincture: Use 30–40 drops in water, 1–2x daily before meals.



3. Slippery Elm (*Ulmus rubra*)

What it does: Forms a protective coating over the gut lining, Eases constipation or diarrhea, Reduces acid reflux and inflammatory gut symptoms

Why it works: Slippery elm contains mucilage and antioxidants, which soothe and protect the gut while encouraging healthy tissue repair. It's often used in healing protocols for IBS, GERD, and leaky gut.

How to Use:

Powder Drink: Mix 1 tsp slippery elm powder with warm water or herbal tea. Drink 1–2x daily, especially before meals.

Tincture: 30–60 drops in a small glass of water, 1–2x daily.

The Greens That Heal

Detox Your Liver • Feed Your Microbiome • Reduce Gut Inflammation

When it comes to healing your gut, not all greens are created equal. The most powerful greens for gut health are rich in chlorophyll, bitters, and fiber—and they do more than just “alkalize” your body. They nourish your microbiome, support liver detox, and reduce chronic inflammation from the inside out.

Let's look at 3 superstar greens that deserve a spot in your daily routine:

1. Dandelion Greens (*Taraxacum officinale*)

What they do: Stimulate bile production for better digestion, Support liver detoxification, Act as a natural prebiotic (feed good gut bacteria)

Why they work: Dandelion greens are rich in bitter compounds that signal your body to release digestive juices—improving nutrient absorption and breaking down fats. Their prebiotic fiber (especially in the stems and roots) feeds your gut's beneficial bacteria.

How to Use:

Add to salads or sauté with olive oil and garlic

Blend into green smoothies (use young, tender leaves)

Steep dried dandelion leaf in hot water for a liver-loving tea



2. Arugula (*Eruca sativa*)

What it does: Stimulates digestion and bile flow, Contains anti-inflammatory compounds, Supports healthy gut-brain communication

Why it works: Arugula is a peppery, bitter green high in glucosinolates, which help detoxify the body and reduce inflammation. It also stimulates the liver and gallbladder—critical for breaking down fats and toxins that otherwise stress the gut.

How to Use:

Toss fresh arugula into salads or over warm dishes

Add to breakfast eggs or avocado toast

Combine with lemon and olive oil for a simple detox side dish



3. Spinach (*Spinacia oleracea*)

What it does: Nourishes the gut lining with fiber and antioxidants, Supports regular bowel movements, Helps balance blood sugar (which supports healthy digestion)

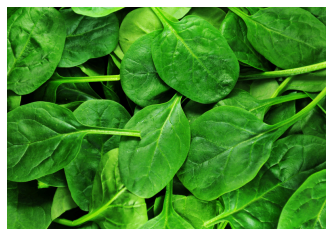
Why it works: Spinach is rich in magnesium, folate, and chlorophyll, which promote gut lining repair and support healthy elimination. Its soluble fiber also feeds gut microbes that keep inflammation in check.

How to Use:

Add to smoothies, soups, or sauté with other veggies

Use in green juices or as a base for grain bowls

Lightly steam if raw greens upset your stomach



Adaptogens to Lower Stress (and Inflammation)

Balance Cortisol • Calm Your Gut • Support Whole-Body Healing

If you're doing everything right for your gut—eating clean, drinking water, taking probiotics—but still feel bloated, anxious, or stuck in survival mode... the missing piece might be stress.

Here's the truth:

Your gut and nervous system are constantly talking. Chronic stress raises cortisol, slows digestion, disrupts your microbiome, and triggers inflammation.

That's where adaptogens come in. What Are Adaptogens?

Adaptogens are a unique class of herbs that help your body adapt to stress. They don't just “calm you down”—they help your system find balance whether you're burned out, anxious, or wired but tired.

1. Ashwagandha (*Withania somnifera*)

What it does: Lowers cortisol (your stress hormone), Supports thyroid + adrenal health, Calms anxiety and improves sleep, Helps reduce stress-induced bloating and inflammation

Why it works: Ashwagandha is deeply grounding and works through the HPA axis to lower stress responses at the root. By balancing cortisol, it allows your digestion to switch out of “fight or flight” and into healing mode.

How to Use:

Capsule or Powder: 300–500 mg daily (start small)

Tea: Mix ashwagandha root powder with warm nut milk + cinnamon for a calming bedtime tonic

Tincture: 30–50 drops in water 1–2x per day



2. Holy Basil / Tulsi (*Ocimum sanctum*)

What it does: Calms the nervous system, Supports immune function + gut flora, Reduces brain fog, anxiety, and emotional burnout, Gently detoxifies the liver and gut

Why it works: Holy basil, known as “The Elixir of Life” in Ayurveda, balances the stress response while also supporting the immune + digestive systems. Its anti-inflammatory properties make it ideal for gut healing—especially when stress is a trigger.

How to Use:

Tea: Steep dried Tulsi leaves for 5–7 minutes. Sip throughout the day.

Tincture: 30 drops 2x daily during periods of high stress

Fresh Leaves (if available): Add to salads or infuse in water



Mind-Body Rituals That Reset Your System

Support Digestion • Balance Stress • Heal from the Inside Out

If you've ever felt your stomach twist in anxiety or lost your appetite under pressure, you already know: Your gut and nervous system are deeply connected.

When your body is stuck in "fight-or-flight" mode, digestion slows down, inflammation rises, and your gut can't do its job.

But here's the good news:

There are simple, 100% free daily rituals that reset your nervous system and signal your body to heal—no supplements required.

Let's explore 3 powerful mind-body techniques that take under 10 minutes a day and support real gut healing.



1. Deep Belly Breathing

What it does: Activates your parasympathetic ("rest & digest") system, Improves vagus nerve tone (key for digestion), Lowers cortisol and reduces bloating caused by stress

How it works: Shallow, chest breathing keeps your body on high alert. In contrast, deep belly breathing tells your nervous system it's safe—which improves enzyme secretion, gut motility, and nutrient absorption.

How to Practice: Sit or lie down. Place one hand on your belly. Inhale through your nose for 4 counts, letting your belly rise. Exhale slowly through your mouth for 6–8 counts. Repeat for 2–5 minutes.

2. Morning Sunlight Exposure

What it does: Resets your circadian rhythm (boosts digestion + energy), Regulates cortisol + melatonin, Supports your microbiome through hormonal balance

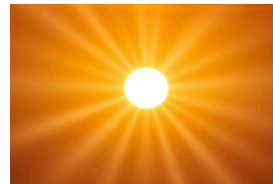
Why it works: Getting natural light within 30–60 minutes of waking up anchors your body's internal clock. A healthy circadian rhythm improves gut motility, reduces sugar cravings, and improves sleep—all crucial for gut healing.

How to Practice:

Step outside for 5–10 minutes in the morning

No sunglasses or windows between you and the light

Bonus: Combine with light movement like walking or stretching



3. Vagus Nerve Activation

What it does: Strengthens the nerve that connects brain and gut, Enhances digestion, reduces inflammation Calms anxiety, heart rate, and gut spasms

Why it works: The vagus nerve is your body's "communication superhighway." Stimulating it helps restore the balance between your nervous and digestive systems—leading to better bowel movements, less bloating, and improved mood.

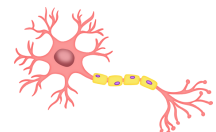
Ways to Activate the Vagus Nerve (Try 1-2 Daily):

Gargling: Loud gargling with water for 1 minute

Humming or Singing: 3–5 minutes (stimulates vocal cords + nerve)

Cold Splash: Splash cold water on your face or do a cold rinse after a shower

Laughter & Social Connection: Laughing and feeling safe relaxes the vagus nerve and soothes the gut



ANTI-INFLAMMATORY GUT-LOVING RECIPES

Delicious, Fast, and Functional Meals for a Calm, Healthy Gut

Eating for gut health doesn't have to mean bland or boring. The key? Anti-inflammatory ingredients that soothe the digestive system, support your gut lining, and feed your good bacteria. These recipes are: ☒ Fast to make, ☒ Packed with healing herbs & fiber, ☒ Free of gluten, dairy, and processed sugars, ☒ Perfect for busy women who want to feel light, clear, and energized

1. **Golden Gut Soothing Smoothie:** A creamy, cooling blend to calm inflammation and support gut lining repair.

Ingredients:

- 1 cup unsweetened almond or coconut milk
- ½ banana (optional for sweetness)
- ½ tsp turmeric powder
- 1 scoop collagen peptides or plant protein
- 1 tsp flaxseed or chia seeds
- 1 handful spinach or arugula
- 1 small knob fresh ginger (or ¼ tsp ground)
- Pinch of black pepper (activates turmeric)



Instructions: Blend all ingredients until smooth. Drink in the morning to reduce inflammation, feed your gut flora, and boost skin + joint health.

2. **Warm Dandelion & Quinoa Detox Bowl:** This earthy, grounding bowl supports liver detox and digestion with bitter greens and fiber-rich grains.

Ingredients:

- 1 cup cooked quinoa
- 1 cup chopped dandelion greens (or arugula)
- 1 small zucchini, sliced
- ½ avocado, sliced
- 1 tbsp extra virgin olive oil
- 1 tsp lemon juice or apple cider vinegar
- Pinch sea salt + pepper
- Optional: sprinkle of pumpkin seeds or hemp seeds



Instructions: Sauté zucchini and dandelion greens in olive oil until tender. Combine with quinoa, top with avocado, seeds, and dressing. Enjoy warm or chilled.

3. **Ginger-Garlic Healing Soup:** A one-pot, deeply nourishing broth that's perfect for when your gut feels inflamed, sensitive, or off-track.

Ingredients:

- 4 cups bone broth or veggie broth
- 1 cup chopped carrots
- 1 small sweet potato, cubed
- 2 cloves garlic, minced
- 1 inch fresh ginger, sliced
- 1 handful leafy greens (spinach or kale)
- 1 tsp turmeric + ¼ tsp black pepper
- Optional: cooked lentils or shredded chicken



Instructions: In a pot, simmer broth, carrots, sweet potato, garlic, and ginger for 20 minutes. Add turmeric, pepper, and greens. Cook 5 more minutes. Serve warm with a drizzle of olive oil or a spoon of sauerkraut on the side.

3-Day Gut Reset Plan

Calm Bloating • Rebalance Digestion • Feel Lighter Fast

This 3-day reset is designed to give your gut a break, reduce inflammation, and gently support detox and healing—without restricting food or calories.

- ✓ No supplements required
- ✓ Plant-forward & anti-inflammatory
- ✓ Includes daily rituals, meals, and mindset shifts

Grocery Staples (Grab Before You Start)

Greens: Spinach, arugula, dandelion, parsley

Fruits: Bananas, blueberries, lemon

Veggies: Sweet potato, carrots, zucchini, ginger

Proteins: Lentils, bone broth, wild salmon, eggs

Healthy Fats: Avocado, olive oil, flaxseed, chia

Herbs & Spices: Chamomile, turmeric, garlic, basil

Beverages: Herbal teas (peppermint, ginger), filtered water

DAY 1: Soothe + Support

Morning Ritual: Sunlight (5–10 mins) + deep belly breathing (3 mins), Warm water with lemon + pinch of sea salt

Optional: Ginger or chamomile tea

Breakfast: Golden Gut Smoothie (turmeric, greens, banana, flaxseed, plant milk)

Lunch: Quinoa Detox Bowl with sautéed dandelion greens, zucchini, avocado, and olive oil

Snack: Sliced cucumber + hummus or apple + almond butter

Dinner: Healing Ginger-Garlic Soup (see recipe)

Evening Ritual: Legs-up-the-wall pose (5 mins), Holy basil (tulsi) tea or calming tea blend

DAY 2: Reset + Rebuild

Morning Ritual: Sunlight exposure + vagus nerve activation (humming or gargling), Warm water with ginger slices

Breakfast: Overnight oats with chia seeds, berries, and cinnamon

Lunch: Wild salmon or lentil salad with arugula, cucumber, lemon + olive oil

Snack: Herbal tea + handful of walnuts or pumpkin seeds

Dinner: Roasted sweet potato, steamed spinach, garlic sautéed mushrooms, olive oil drizzle

Evening Ritual: 3-minute box breathing (inhale-hold-exhale-hold for 4 counts each), Journaling: “What does feeling good in my body mean to me?”

DAY 3: Energize + Empower

Morning Ritual: Morning walk or gentle yoga, Cold face splash + holy basil tea

Breakfast: Smoothie bowl with greens, blueberries, protein powder, and a sprinkle of chia + hemp seeds

Lunch: Simple stir fry: carrots, zucchini, dandelion greens, garlic + protein (tofu, lentils, or salmon)

Snack: Bone broth or veggie broth with a dash of turmeric + black pepper

Dinner: Nourish bowl: quinoa, avocado, steamed greens, tahini dressing

Evening Ritual: Screen-free wind-down + 10 minutes of stretching

Optional: Ashwagandha latte or calming tea



Bonus Material

How to Choose + Combine Herbs

You can use one herb at a time or combine all three for a powerful gut-healing tea blend.

Try this soothing blend:

- 1 tsp chamomile
- 1 tsp marshmallow root
- 1 tsp slippery elm powder
- Steep in 2 cups of hot water for 10 minutes (except marshmallow root—cold infusion preferred)

Best Times to Take: 30 minutes before meals, After a stressful day, or Before bed to relax digestion and the nervous system

⚠ Herbal Safety Tips

Always check for allergies, especially if pregnant, nursing, or on medication

Start with small doses and observe how your body responds

Consult with a herbalist or practitioner if unsure



How These Greens Help Your Gut

Chlorophyll: Natural detoxifier, reduces inflammation

Bitters: Boost bile flow and digestion

Prebiotic Fiber: Feeds healthy gut flora

Liver Support: Clears toxins that irritate the gut

Gut-Healing Tip: Rotate your greens every 3–4 days to give your gut a variety of nutrients and avoid food sensitivities.

Adaptogens to Explore: Adaptogen Gut-Health Benefit

Rhodiola Energizes without overstimulation, supports adrenal resilience

Licorice Root Soothes the gut lining + supports cortisol balance (use with caution long-term)

Reishi Mushroom Calms the immune system + supports gut-brain axis, great for nighttime use

Why This Matters for Gut Health: STRESS EFFECTS GUT

High cortisol: Slows digestion, causes bloating

Nervous system imbalance: Triggers IBS, reflux, loose stools

Inflammation from stress: Damages gut lining + microbiome



Ritual Flow: Under 10 Minutes a Day

Morning Sunlight + Deep Breathing Aligns digestion with circadian rhythm

Before Meals Belly Breathing Primes digestion, reduces stress eating

Evening Humming, Singing, or Gargling Calms nervous system before bed

Why Mind-Body Practices Matter for Your Gut: Nervous System Shifts Gut Response

Sympathetic (Fight/Flight): Bloating, poor digestion, low enzymes

Parasympathetic (Rest/Digest): Smooth digestion, gut repair, hormone balance

Want Support Personalizing Your Stress + Gut Routine?

In my 1:1 Coaching Program, I'll help you:

Choose herbs, greens, and rituals that balance your Gut and inflammation

Discover which greens and foods heal your gut

Build simple meals that work with your schedule

Create a plan that supports both your digestion

Build a daily rhythm that supports your healing (even with a busy schedule)

Feel better in your body

Join body, mind and soul with natural living

Email me at gardens2growetx@gmail.com for more info.

