5 Takeaways

Understanding the Microbiome Series - Herbs & Digestion

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1. Rosemary is a member of the mint family
2. Rosemary has is antibacterial and effective against antibiotic resistant Staph strains and H. Pylori
3. Star Anise has been used for over 3,000 years in Vietnam and China in cooking and medicine.
4. Star Anise decreases gas, bloating and helps with digestion
5. Ginger in traditional Chinese medicine is considered a warming herb used for at least 4,000 years to treat many things including nausea, digestion, arthritis, and the common cold.