



**‘Making the Brain-Gut connection in preparation for proper enzyme and bile secretion is essential for the effective digestion and absorption of nutrients in the foods we eat.’**

Chewing a handful of blended coriander, fennel, liquorice, peppermint, cardamom, ginger and cumin after a meal is still a common practice in India. This is why we will often find a bowl of fennel seeds awaiting us at the door as we exit our favourite Indian restaurant.

Most of us have developed bad eating habits by eating too quickly and rushing our meals on the go. Liquid meals are becoming more popular than ever with adverse consequences for our tooth enamel, digestive enzyme production and bowel transit. Chewing our foods is essential for optimum health.

Chewing slowly with connection to what we are eating prepares our brain to release the appropriate digestive enzymes. By chewing the seeds we reconnect the brain-stomach connection. Half a tea spoon of Mukhwas Digestive Aid before or after meals teaches us to chew slowly and prepares the body to digest foods so we can absorb the released nutrients fully.

## Benefits of Mukhwas Digestive Aid

- Increases bile flow, meaning no need for bile salts.
- Increases pancreatic enzyme activity meaning no need for digestive enzymes.
- Increases small intestine enzyme activity meaning no need for digestive enzyme supplements.
- Decreases gas and bloating meaning no need for HCL supplements.
- Increases fat and sugar metabolism.
- Powerful free radical scavengers.
- Supports optimal weight.
- Supports micro-biom health in gut.
- Improves gut health.
- Stimulates digestion.
- Quickens the transit time of food in the intestines supporting better bowel movement.
- Supports a healthy growth rate of good bacteria.
- Decreases H. pylori from adhering to the stomach.

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## Mukhwas Digestive Aid



**‘A carefully selected blend of 7 spices aimed at supporting the body’s natural ability to digest food as well as treat any problematic symptoms.’**

## Coriander Seed



Coriander is perhaps the most cooling of the 5 digestive spices. The seeds are commonly used in herbal medicine for a host of ailments. The leaves, known as

cilantro, are slightly less cooling than the seeds. The seeds are best known for their digestive properties by cooling excess pitta (heat) in the body and intestinal tract. Therefore, it is used effectively for occasional heartburn. It is a natural *carminative* which means it prevents or relieves gas from the intestinal tract and is beneficial for numerous heat-related pitta conditions.

## Fennel Seed



Fennel is best known as the tridoshic (most evenly distributed) digestive spice. Not only does it combat gas and bloating in the digestive tract, it is one of Ayurveda's

favorite lymph movers. As a lymph mover it supports healthy lactation and radiant skin on both the inside and outside. Fennel seeds are considered the most sattvic (balanced) of the spices because of its balancing effect on the doshas; vata, kapha and pitta (biological energies). It is one of the best herbs for digestion as it strengthens the digestive fire without aggravating pitta and is beneficial for intestinal cramping, nausea and dispelling flatulence.

## Liquorice Root



Liquorice root is an expectorant, a spasm relieving, anti-inflammatory and demulcent (relieves irritation of the mucus membrane) that also affects the function of the adrenal glands.

## Peppermint Tea



Peppermint tea is made from the dried leaves of the peppermint plant, the same herb used to flavour candy and toothpaste. It has calming, numbing properties and may also kill viruses and bacteria. It is frequently used

to relieve discomfort resulting from heartburn, indigestion, gas and flatulence.

## Cardamom Pods



As a member of the ginger family, Ayurvedic texts celebrated cardamom's ability to make foods easier to digest and enhance the taste of most ordinary

foods. Its taste is most recognisable in a cup of Indian chai tea as it neutralises the stimulating effects of caffeine, allowing the chai to boost the digestive process without taxing the nervous system.

## Ginger Root



In Ayurveda, ginger is called the universal spice because of its many health benefits. It is heating for the upper digestion with its pungent taste, but

cooling and soothing for the lower digestion as a result of its sweet after taste. It is therefore considered to be a tri-doshic herb, meaning it balances vata, pitta and kapha (biological energies) – although in excess it can be too heating to the upper digestion. It is the classic kindling to start the digestive fire in the stomach. Scientific studies have shown that it supports healthy microbes, a healthy intestinal wall, and acts as a digestive stimulant for nutrient assimilation.

## Cumin Seed



Cumin is perhaps the most powerful digestive tonic of the 5 spices of digestion. It has a strong taste and while very effective alone it blends well in both taste and

effectiveness with the other 5 spices for boosting digestion and reducing gas and bloating. It is much like coriander in that it cools the digestive system while boosting digestive strength. It supports healthy assimilation, the proliferation of good microbes as well as the detoxification of the intestinal tract.