



Treat stomach ache with cinnamon and mint.

A traditional medicine expert said: People who suffer from bloating, indigestion and stomach pains should eat cinnamon, mint and fennel instead of tea, coffee, soft drinks and mayonnaise.

Afrasiabi said: Usually, people who experience a lot of stomach pain during the week, their pain increases by eating fatty and salty foods. Foods such as mayonnaise and cabbage are among these foods.

She continued: People who suffer from indigestion and stomach pain should reduce the consumption of coffee, red meat, fried foods and carbonated drinks.

This traditional medicine expert said: Therefore, coffee, tea and carbonated drinks increase stomach acid and cause acid to return from the stomach to the esophagus.

Afrasiabi added: Traditional medicine recommends the use of cinnamon for the treatment and relief of stomach pains because this herb is effective in reducing the pain caused by stomach bloating and indigestion.

She continued: Also, instead of eating red meat, it is better for these people to include chicken and fish in their plan, and eating fiber also reduces bloating and stomach pains.

This expert of traditional medicine said: Consuming mint and ginger helps relieve stomach pain. Chewing fennel seeds is also effective.