

# Stomach Health Siberian Monastery Tea



The modern lifestyle and the choice of foods can really affect the way the human body digests what a person eats. Drinking more water, adding fiber, and exercising regularly contribute to better digestive health. The nutrients a person receives from the foods are needed by the body to function properly. If a person neglects digestive health he finally can have various other health problems.

Certain steps to improve digestive health and strengthen general health will help a person feel better, get the proper digestion, immune system function, beautiful skin and hair. With proper work of the stomach a person function more efficiently, suffers from fewer diseases and has strong immune system.

So, everyone who wants to stay healthy should consider following the simple but effective methods, including eating a healthy diet. Consuming balanced diet, rich in nutrients, whole grains, fiber, fruits can improve digestive health and prevent many stomach and gut problems. Eating healthy foods and managing body weight prevents lots of health diseases like obesity, diabetes, liver problems and cancer of the stomach. The limitation of foods that are high in fats and sugars can help prevent atherosclerosis, constipation, overweight problem.

Adding probiotics to the diet which are natural can keep the body healthy and improve immune function. Besides, probiotics can enhance nutrient absorption and treat irritable bowel syndrome.

Drinking plenty of water is beneficial for digestive health. A person should also avoid alcohol and smoking. The negative effects of the chemical substances from smoking and alcoholic beverages can lead to stomach ulcers and heartburn.



A person who cares about stomach health should also consider limiting the intake of medications. Antibiotics kill all gut bacteria and bacteria living in the stomach. Different prescription medications, such as anti-hypertensive drugs, pain relievers and antidepressants can interfere with the digestive process, cause excessive acid formation, heartburn or ulcers.

To preserve stomach health a person can use natural herbal remedies which are traditionally used by people to treat and prevent many digestive disorders.

Today special products which contain herbs and plants can be used to improve the function of the digestive system, remove toxins from the body, enhance metabolism.



More and more people find relief and healing in natural teas from Siberia. These teas are created by the monks who save the traditions and use natural powers of the herbs for the treatment of many diseases.

The Siberian Monastery Tea for Stomach Health is one of the best products available today. It is created for digestive health and general well-being.

Effective natural ingredients in Stomach Health Siberian Monastery Tea are well-known for their properties.

They include: linseed (*Linum usitatissimum*), pot marigold (*Caléndula*), marsh cudweed (*Gnaphálium uliginósum*), rosehips (*Rōsa*), St. John's wort (*Hypericum*), peppermint (*Méntha piperíta*), horsetail (*Equisétum arvénse*) and others.

Stomach Health Siberian Monastery Tea should be consumed daily during a period of three months or more. A person should also pay attention to the proper lifestyle and eating healthy unprocessed foods.