GAS

- **Fennel Seeds chewed after a meal.**
- **Acidolphilus (2 tablets taken morning and evening) preferably on an empty stomach. If you can't get acidolphilus or probiotics, use plain yogurt, sweetened with honey.**
- **Massage your intestines, in a clockwise direction, pushing it and rotating when little gas builds occurs.**
- **While lying on your back, pull your knees up to your chest, then rock in a circle.**
- **Ginger root tea soothes intestinal spasming. Slice up a ginger root, simmer in boiling water for about 5 minutes and sweeten with honey. Drink a cup or two as needed.**