



# DIGESTIVE SYSTEM

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## METABOLISM

### OVERACTIVE "HOT"

#### *Specific Indications*

- \* Acid burning with sharp pains in the stomach
- \* Sour belching, heartburn, acid reflux
- \* Red tongue (especially in the center), often pointed or elongated
- \* Rapid transit time in digestive tract
- \* Discomfort or pain from stimulants, spicy or pungent foods
- \* Hearty appetite and thirst with good digestion.
- \* Person usually under age 30
- \* Orange colored ring (malabsorption) around pupil in iris

• Digestive Irritation

### UNDERACTIVE "COLD"

#### *Specific Indications*

- \* Food sits heavy in the stomach
- \* Acid burning with dull pain, often starting about one hour after eating.
- \* Foul belching or putrid taste in mouth
- \* Dull, drowsy feeling after eating
- \* Dark tongue, often with heavy yellow or brown coating
- \* Pulse deep, slow or weak and feeble
- \* Lack of appetite with sense of weight or oppression in the stomach after eating
- \* Person usually over age 30
- \* Tooth decay and gum disease
- \* White or grey ring around pupil (stomach halo) in iris

• Digestive Depression

## MOISTURE

### EXCESS "DAMP"

#### *Specific Indications*

- \* Heavy feeling in stomach after eating which may last for hours
- \* Tendency to nausea
- \* Tongue swollen and damp with heavy white or yellow mucus coat, often pale
- \* Pulse rolling or slippery, lacking sharpness in the wave
- \* Fermentation in stomach (may be indicated by a rotten egg taste in the mouth)
- \* Severe gas with sensation of abdominal pressure
- \* Heavy mucus production
- \* Hangover feelings

• Digestive Stagnation

### DEFICIENT "DRY"

#### *Specific Indications*

- \* Poor protein and fat digestion, carbohydrate cravings
  - \* Thin, unable to gain weight
  - \* Pale, anemic-looking, with cold extremities
  - \* Nervous, weak, fearful
  - \* Dry mouth with dry tongue, possible thick mucus coating in the back
  - \* Tongue pale or red, withered in severe cases
  - \* Large crack down the center of the tongue
  - \* Pulse thin and slow, or thin and weak, sometimes tense on one side with weakness
  - \* Common in middle age and later
  - \* Rapid and/or extreme loss of weight and appetite in severe cases
- Prone to food allergies

• Digestive Atrophy

## TONE

### SPASTIC "TENSE"

#### *Specific Indications*

- \* Difficulty swallowing
- \* Sensation of a lump in the throat
- \* Difficulty breathing from diaphragm
- \* General weakness and low resistance to disease
- \* Heart palpitations or pressure in the chest
- \* Pulse tense, resistant or wiry
- \* Weak gut instincts or lack of gut instincts
- \* Fearful, timid, afraid to take a stand
- \* Tension in the solar plexus
- \* Severe bloating and pain that suddenly releases with passage of gas
- \* Alternating diarrhea and constipation

• Digestive Constriction

### ATONIC "RELAXED"

#### *Specific Indications*

- \* Nausea and vomiting
- \* Tongue thick, moist, flabby and scalloped
- \* Heavy, full feeling even after small meals with tendency to nausea and vomiting
- \* Thin, copious mucus secretion causing indigestion
- \* Common in children
- \* Tendency to diarrhea

• Digestive Relaxation

## Digestive Irritation

### Herbs

- ✓ Catnip
- Chamomile
- ✗ Fennel
- ✓ ✗ Meadowsweet
- Sage
- Slippery Elm
- Yarrow

### Supplements

- Calcium

### Combinations

- Catnip & Fennel
- ✓ Intestinal Soothe and Build (UC3-J)
- ✓ Stomach Comfort

### Other Therapies

Raw potato, cabbage or plantain juice consumed in small quantities (1 oz. at a time or less) have been reported to help ulcers to heal.

### Avoid

Food Enzymes, Proactazyme (or other enzymes containing protease should be avoided in cases of digestive inflammation or ulcers).

## Digestive Depression

### Herbs

- ✗ Angelica
- Capsicum
- Chamomile
- ✗ Dill
- ✓ Ginger
- ✗ Myrrh Gum
- ✓ Peppermint
- ✓ Safflowers

### Supplements

- ✗ Amylase
- Betaine Hydrochloric Acid (PDA)
- ✗ Bromelain
- ✗ Lactase
- ✗ Lipase
- ✗ Ox Bile
- ✗ Pancreatic Enzymes
- Protease

### Combinations

- AG-X
- Food Enzymes
- ✓ GastroHealth (ULC-R)
- Garden Essence
- Hi-Lipase
- Papaya/Mint Tablets
- PDA
- ✓ Proactazyme Plus
- Protease Plus
- ✓ Spleen Activator (UC-C)

## Other Therapies

Using a variety of herbs and spices to season food can improve digestive function.

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## Digestive Stagnation

### Herbs

- ✗ Angelica
- Chamomile
- Dandelion
- ✓ ✗ Gentian
- ✓ Goldenseal
- ✗ Myrrh Gum.
- ✗ Orange Peel.

### Combinations

- ✓ Chinese Anti-Gas (AG-C)
- ✓ Digestive Bitters
- FV

## Digestive Atrophy

### Herbs

- ✓ Aloe Vera
- ✓ Ginseng, American
- ✓ Licorice ATC Concentrate
- Marshmallow
- Saw Palmetto
- Slippery Elm
- St. John's wort
- Wild Yam

### Combinations

- GastroHealth (ULC-R)
- ✓ Intestinal Soothe and Build (UC3-J)
- Kudzu/St. John's Wort
- ✓ Spleen Activator (UC-C)
- Trigger Immune (IMM-C)

### Other Therapies

Eating more raw foods and drinking fresh fruit and vegetable juices is also a good practice.

## Digestive Constriction

### Herbs

- Blue Vervain
- Catnip
- Chamomile
- Dandelion
- ✓ Lobelia
- St. John's Wort

### Combinations

- Gall Bladder Formula (BLG-X)
- ✓ CLT-X
- ✓ Menstrual-Reg

## Digestive Relaxation

### Herbs

- ✓ ✗ Blackberry root
- Uva Ursi
- White Oak bark
- ✓ Bayberry root bark

### Combinations

- ✓ HCP-X

**Important Notice:** This chart is a reference tool for the ABC+D approach to nutritional support of each body system. It does not replace the services of qualified practitioners. For serious issues and emergencies, please seek the advice of a certified or licensed health professional.

Key: ✓ Best choices ✗ Not currently available as a single through NSP