



Natural Remedy for Bilious

Bilious: A condition in which the yellow bile (which is very bitter) is brought up to the mouth from the stomach. **Causes:**

- The improper breakdown and processing of food causing an upset stomach

Symptoms:

- Nausea
- Abdominal discomfort
- Loss of appetite
- Headache and constipation

Diagnosis:

- Avoid fried foods
- Rich curries
- Animal fat and milk



Ingredients:

1. Indian spinach.
2. Amla dried stuff.
3. Fennel leaves.

Natural Remedies:

- Spinach is one of the top 10 healthy vegetables that you can eat. This wonder green leafy vegetable can be eaten in many different ways but to enjoy its maximum nutritional value, it should be consumed fresh (juice), steamed, or quickly boiled. Apart from being a rich source of many vitamins like A, B, C, E and K, spinach is also rich in many essential minerals like manganese, magnesium, iron, calcium and potassium. Additionally it is known to be a good source of omega-3 fatty acids, niacin and selenium.
- Amla provides remedies for many diseases so it is widely used in ayurvedic medicines. Gooseberry is very rich in Vitamin C. It contains many minerals and vitamins like Calcium, Phosphorus, Iron, Carotene and Vitamin B Complex. Amla is also a powerful antioxidant agent.
- Fennel contains anethole, which can explain some of its medical effects: it, or its polymers, acts as



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phytoestrogens.

Take some amla dried stuff and fennel. Soak into the Indian spinach leaves juice. After some time, dry it. Then powder it. Eat 2mg of this powder daily in morning.

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