

# BITTERS

## COMPOSITION

*Angelica archangelica*  
*Artemesia absinthium*  
*Gentiana luteum*  
*Quassia amara*

*Matricaria recutita*  
*Salvia officinalis*  
*Mahonia aquifolium*  
*Hummulus lupulus*

## PREPARATION

Individual tinctures are combined in the descending order of the list found above.

## SYNTHESIS and MECHANISM OF ACTION

BITTERS help to stimulate the flow of digestive juices. The stomach, gut and brain are activated promoting complete digestion.

<i>Angelica archangelica</i>	Antispasmodic, Bitter, Carminative, Pectoral
<i>Artemesia absinthium</i>	Anthelmintic, Antimicrobial, Bitter
<i>Gentiana luteum</i>	Antimicrobial, Bitter
<i>Hummulus lupulus</i>	Bitter, Relaxant, Sedative-Hypnotic
<i>Mahonia aquifolium</i>	Antimicrobial, Antifungal, Bitter, Cholegogue
<i>Matricaria recutita</i>	Antacid, Anti-emetic, Anti-inflammatory, Antispasmodic, Bitter, Carminative, Nervine, Vulnerary
<i>Quassia amara</i>	Anthelmintic, Bitter
<i>Salvia officinalis</i>	Antigalactagogue, Antimicrobial, Antispasmodic, Astringent, Bitter, Oestrogenic (SERM)

## INDICATIONS

Poor digestion  
Achlorhydria or Hypochlorydria  
Bloating  
Bowel Irregularity  
Constipation  
Dyspepsia (non ulcerous)  
Floating stools  
Gas  
Halitosis  
Incomplete digestion that leads towards constipation  
Indigestion  
Insufficient digestive juices or enzyme production  
Loss of appetite  
Non-ulcer dyspepsia  
Poor peristalsis  
Poor digestion  
Severe bad breath  
Slow digestion  
To prepare the stomach to receive heavy, rich meals (such as at times of celebration)  
During times of hot weather, the body appreciates cooling bitters

## CONTRAINDICATIONS, WARNINGS AND INTERACTIONS

Gastroesophageal Reflux Disease (GERD)  
Not to be taken at bedtime for people with nocturnal GERD  
People taking antacids concurrently  
Not to be taking concurrently with Proton-Pump Inhibitor (PPI) drugs

# BITTERS

## DOSAGE diluted in a small amount of water

Acute:

Adult: 1 tsp before meals  
Children: 2 – 5mL before meals

Long term:

Adult: 1 tsp may also take and 1 tsp at bedtime in water or into 20mL of aloe vera juice to treat liver congestion  
Children: 2 – 5mL may be taken at bedtime

## SYNERGY & COMPOUNDING

### FOR CUSTOM FORMULATION

As you look at the BITTERS formula you see it does many things in the herbal action section but you may select an additional formula or action to make your custom formula match up with the individual physiological needs and presentations of your patient more precisely.

#### Combines well with:

- BITTERS to be taken before the meal and DIGESTIVE CORDIAL after meals.
- HYDRASTIS PYLORI formula – for H.Pylori
- Strong **Cholagogues** – to help balance liver enzymes such as:
  - Bupleurum falcatum*
  - Cheledonium majus*
  - Chionanthus virginicus*
  - Leptandra virginicum*
- **Anthelmintic** therapy – to maintain digestive harmony

If the above suggestions do not fit your needs, you may continue on linking with the catalogue. For additional symptoms & conditions link first to the system involved, select the actions required and then chose an herb from the action category:

CARDIOVASCULAR SYSTEM ACTIONS  
DIGESTIVE SYSTEM ACTIONS  
ENDOCRINE SYSTEM ACTIONS  
FEMALE REPRODUCTIVE SYSTEM ACTIONS  
IMMUNE SYSTEM ACTIONS  
INTEGUMENTARY SYSTEM ACTIONS  
MALE REPRODUCTIVE & URINARY SYSTEM ACTIONS  
MUSCULOSKELETAL SYSTEM ACTIONS  
NERVOUS SYSTEM ACTIONS  
RESPIRATORY SYSTEM ACTIONS