

Phyllanthus niruri and Haritaki Teas May Provide Significant Digestion Support

Phyllanthus niruri (Chanca Piedra) and Terminalia chebula (Haritaki) herbal teas may provide all-natural digestion support and help address digestive disorders.

DENVER, CO, UNITED STATES,
December 17, 2020 /

EINPresswire.com/ -- While working and spending so much time at home in 2020, many people are eating more, particularly more sugary, fatty, and processed food. The ensuing digestive problems can cause constipation, and can lead to more serious issues such as diverticulosis, irritable bowel syndrome (IBS), inflammatory bowel diseases like Crohn's disease and ulcerative colitis, and hemorrhoids. Phyllanthus niruri (Chanca Piedra) tea and Terminalia chebula (Haritaki) tea can provide all-natural, healthy digestion support.



PHYLLANTHUS NIRURI (Chanca Piedra)

Health Benefits and Therapeutic Uses

www.LindenBotanicals.com

Linden Botanicals Phyllanthus niruri Tea

"Problems with digestion used to be a topic of conversation around the holidays. Halloween, Thanksgiving, Christmas, New Year's – these were the celebrations that caused stomach distress," says Linden Botanicals owner Michael Van der Linden. "During the pandemic, people are home more and are eating more. The digestion issues people are experiencing only get worse during the holiday season."

Phyllanthus niruri, also known as Chanca Piedra and Stone Breaker, is regularly used to support the proper function of the colon, lungs, liver, kidneys, and spleen. It has been traditionally used to help the immune and lymphatic systems combat viruses and bacteria, support the digestive system and renal system, and reduce stress on the pancreatic system.

Much has been written about the liver-healing properties and positive hepatoprotective effects of *Phyllanthus niruri*. By supporting healthy liver function *Phyllanthus* may support the body's healthy cortisol metabolism, modulating the negative effects of "the stress hormone."

In addition, *Phyllanthus niruri* supports the liver in its production of bile, an essential component to digestion. Bile interacts with both water and fat, allowing the intestines to more easily emulsify and absorb fat. This process helps the body absorb fat-soluble vitamins like A, D, E, and K.

Terminalia chebula, also called Haritaki, is often used to support digestive health and address digestive disorders, such as constipation, irritable bowel

system, flatulence, ulcers, vomiting, kidney stones, and hemorrhoids. It may help to maintain regular elimination in order to clear accumulated toxins in the gut. By supporting the removal of body toxins in a natural way, it may help boost metabolism, improve energy, reduce hypertension, and improve overall digestive health.

“

We sell high-quality *Phyllanthus niruri* tea and extract and *Terminalia chebula* extract in our online store. To learn more about these healthy herbal teas, read our *Phyllanthus* FAQ and *Terminalia* FAQ.”

Michael Van der Linden

“We sell *Phyllanthus niruri* herbal tea, extract, and powder in [our online store](#),” Van der Linden says. “We sell *Terminalia chebula* as a bulk extract or in 100 gram boxes that we call GURGLE Digestive Health Support. We encourage our customers to learn more by reading our *Phyllanthus* FAQ and *Terminalia* FAQ. We also encourage them to respect the science and do their research.”

About Linden Botanicals: Linden Botanicals sell the world's healthiest teas and extracts, including *Cistus incanus* and

Phyllanthus niruri (Chanca Piedra). The company sells teas and extracts that provide the best science-based support for immune health, stress relief, energy, memory, mood, kidney health, joint health, digestive health, inflammation, hormonal balance, and detox/cleanse. Visit www.LindenBotanicals.com to learn about these teas and extracts, get hundreds of valuable health tips and resources, and download our free Lessons from the Darkness e-book. U.S. orders



Linden Botanicals *Phyllanthus niruri* (Chanca Piedra) Tea

\$75+ ship free.

Carolyn Daughters

Linden Botanicals

+1 3035066864

[email us here](#)

Visit us on social media:

[Facebook](#)

[Twitter](#)



TERMINALIA CHEBULA (Haritaki, Myrobalan)

Health Benefits and Therapeutic Uses

www.LindenBotanicals.com

Linden Botanicals Terminalia chebula Extract



Linden Botanicals Gurgle (Terminalia chebula Extract)



LINDEN BOTANICALS

www.lindenbotanicals.com

Linden Botanicals - The World's Healthiest Teas and
Extracts

This press release can be viewed online at: <https://www.einpresswire.com/article/533008873>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2020 IPD Group, Inc. All Right Reserved.