

## Stress and aging are the causes of gastric uneasiness!

### 8 kinds of Kampo medicine protect your gastric from those factors.

#### How stomach reacts when it gets stressed

When you feel stress, the function of your autonomic nerve is disturbed, and your parasympathetic nerve that controls the digestive tract is also affected. As a result, gastric acid secretion increases, and it is easy to cause heartburn, leaning, gastric pain, and reflux esophagitis. In addition, the blood flow of the digestive organs decreases and the peristaltic movement of the stomach weakens, so that digestion is reduced and it becomes easier to feel bloating, gastric discomfort, and burning.









#### The effect of "aging" on the gastrointestinal tract

As people get older, aging affects the body. The gastric wall thickens and gastric acid secretion decreases in the stomach. As a result, it takes time to digest, causing anorexia and dyspepsia. Also, heartburn, stomach pain, and reflux esophagitis are caused by remaining gastric acid in the gastric for a long time. In addition, the peristaltic movement of the stomach also decreases and the above symptoms are more likely to occur.



8 types of Kampo medicine are good for protection of gastric!

### 8 types of Kampo medicine are good for protection of gastric!

OUREN	Stomach medicine, bitter taste. Ouren suppresses gastric irritation and tightens gastric muscles.	
OUBAKU	Stomach medicine, bitter taste. Oubaku increases gastrointestinal function and suppresses inflammation.	
KEIHI	Aromatic stomach medicine. Keihi improves anorexia and indigestion.	
CHOJI	Aromatic stomach medicine. CHOJI warms the stomach and reduces nausea and vomiting.	
SYOKYO	Ginger, aromatic stomach medicine. Syokyo helps digestion by warming the stomach, and reduces nausea and vomiting.	
UIKYO	Aromatic stomach medicine. Uikyo has an intestinal function, and improves indigestion.	
KIJITSU	Aromatic stomach medicine. Kijitsu improves indigestion and gastric fullness.	
BOREI	Oyster, aromatic stomach medicine. Borei neutralizes gastric acid. It also relieves anxiety such as stress.	
Other ingredients	Beef bile extract, choleric. It promotes the secretion of bile, helps digestion of fat, and improves leaning and indigestion.	