



**Shroom Groove**  
Natural Goods

# THE HOLIDAY GUIDE HERBS AND MUSHROOMS FOR BETTER DIGESTION

Explore the power of herbs and mushrooms to support gut health and overall wellness this holiday season.

[www.theshroomgroove.com](http://www.theshroomgroove.com)

# INTRODUCTION

The holiday season is full of joy, celebrations, and delicious food. But overeating can sometimes upset our digestion, leaving us feeling uncomfortable.

Luckily, nature provides powerful herbs and mushrooms that support digestion and keep us feeling our best during the holidays.





## WHY HERBS AND MUSHROOMS ARE GOOD FOR HEALTH AND DIGESTION

**Herbs:** Soothe the stomach, improve gut movement, and reduce inflammation with antioxidants and bioactive compounds.

**Mushrooms:** Act as prebiotics, support gut bacteria, repair the gut lining, and enhance overall gut health.





## 1. GINGER + LION'S MANE MUSHROOM:

**Ginger:** Eases nausea, bloating, and aids digestion after heavy meals.

**Lion's Mane:** Repairs the gut, reduces inflammation, and supports gut-brain health.

**Why They Work Together:** Ginger provides quick relief, while Lion's Mane Mushroom strengthens gut health long-term.

**How to Use:** Brew a tea with ginger and Lion's Mane powder, blend into smoothies, or cook them together.



## 2. PEPPERMINT + TURKEY TAIL MUSHROOM:

**Peppermint:** Relaxes digestive muscles, easing bloating, gas, and IBS symptoms.

**Turkey Tail:** Supports gut bacteria, reduces inflammation, and promotes digestive health.

**Why They Work Together:** Peppermint provides quick relief, while Turkey Tail improves gut health over time.

**How to Use:** Brew peppermint tea with Turkey Tail extract or add them to a fresh, digestion-friendly salad.





### 3. FENNEL + REISHI MUSHROOM:

**Fennel:** Relieves bloating, gas, and stomach cramps, aiding digestion after heavy meals.

**Reishi:** Reduces stress, supports liver health, and calms inflammation for better digestion.

**Why They Work Together:** Fennel provides quick relief, while Reishi promotes long-term gut balance.

**How to Use:** Brew fennel tea with Reishi extract for a soothing, digestion-boosting drink after meals.



## 4. CHAMOMILE + LION'S MANE MUSHROOM:

**Chamomile:** Reduces inflammation, eases cramps, and calms stress-related digestion issues.

**Lion's Mane:** Supports gut repair, reduces inflammation, and balances the gut microbiome.

**Why They Work Together:** Chamomile soothes the gut and mind, while Lion's Mane enhances long-term digestive health.

**How to Use:** Brew chamomile tea with Lion's Mane powder for a relaxing drink or use chamomile tea in cooking for a unique flavor twist.





## 5. TURMERIC + TURKEY TAIL MUSHROOM: LIVER FUNCTION SUPPORT

**Turmeric (Curcumin)**– Supports liver function, reduces inflammation, aids digestion.

**Turkey Tail** – Nourishes gut bacteria, strengthens microbiome, enhances digestion.

### Why They Work Together

Turmeric fights gut inflammation.

Turkey Tail promotes a healthy gut microbiome.

### How to Use

Blend turmeric powder, Turkey Tail extract, plant-based milk, honey, or cinnamon for a soothing golden milk latte.



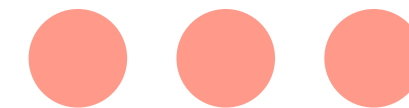




## HERBS AND MUSHROOMS: A POWERFUL PARTNERSHIP FOR DIGESTIVE HEALTH

Support digestion during the holidays with ginger, peppermint, fennel, chamomile, and turmeric paired with Lion's Mane, Turkey Tail, and Reishi.

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- Try a soothing tea or nourishing latte to ease
- discomfort and promote gut health. Start with one or two and see what works best for you!



# THANK YOU

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Thank you for joining us on the journey to better wellness—nourish your body, mind, and gut!



313-474-7666



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