

10 Delicious (& Digestion-Friendly) Options at Townshend:

Green Teas: (caffeinated)

- 1) Strawberry Sencha
- 2) Moroccan Mint
- 3) Cinnamon Orange Sencha

White Teas: (mildly caffeinated)

- 4) Silver Needles
- 5) Rose Peony

Rooibos:

- 6) Rooibos Red Bush
- 7) Vanilla Rooibos

Herbal:

- 8) Orange Zephyr
- 9) Lemon Myrtle
- 10) Peppermint

The Scoop on Kombucha

Kombucha is a fermented tea that contains a beneficial colony of bacteria and yeast believed to support digestion and immune function. The jury is still out on the FODMAP content of Kombucha as it has not been tested by Monash University. A source called fodmap.com claims that their independent testing determined it to be high FODMAP. However, due to the variability between brands, you may want to do some self-experimentation before deciding. Some things to consider when picking out your Kombucha are its 1) sugar content, 2) strains of bacteria/yeast, 3) caffeine content, and 4) additives. My favorite selection is GT's Kombucha- Gingerade.

References:

- 1) Monash University Low FODMAP App
- 2) Reygaert WC. The antimicrobial possibilities of green tea. *Front Microbiol.* 2014;5:434.
- 3) Katengua-thamahane E, Marnewick JL, Ajuwon OR, et al. The combination of red palm oil and rooibos show anti-inflammatory effects in rats. *J Inflamm (Lond).* 2014;11(1):41.
- 4) Adukwu EC, Allen SC, Phillips CA. The anti-biofilm activity of lemongrass (*Cymbopogon flexuosus*) and grapefruit (*Citrus paradisi*) essential oils against five strains of *Staphylococcus aureus*. *J Appl Microbiol.* 2012;113(5):1217-27.
- 5) Dany SS, Mohanty P, Tangade P, Rajput P, Batra M. Efficacy of 0.25% Lemongrass Oil Mouthwash: A Three Arm Prospective Parallel Clinical Study. *J Clin Diagn Res.* 2015;9(10):ZC13-7.
- 6) Thosar N, Basak S, Bahadure RN, Rajurkar M. Antimicrobial efficacy of five essential oils against oral pathogens: An in vitro study. *Eur J Dent.* 2013;7(Suppl 1):S71-7.

Healing Properties of Tea

A guide to navigating tea options to avoid digestive issues.



*Created by Riley Wimminger
Master's in Nutrition (MScN) Candidate
www.sibowithhope.com*

*Digestive Health Meetup Group sponsored
by Dr. Keller's SIBO Solution!
www.sibosolution.com*

*Meetup Event:
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Townshend Teahouse- NE Alberta*



Play It Safe:
Order your tea without
milks or sweeteners.

Healing Low FODMAP & SCD Legal Teas

Green Tea (contains caffeine)

Green tea comes from an evergreen plant native to China and India. It has been tested by Monash University and found to be Low FODMAP at an amount of 250ml (~1 cup) or less.

The health benefits of green tea are vast and well-studied. It has been shown to be a potent antioxidant, have anti-inflammatory properties, be protective against cancer and cardiovascular disease, support oral health, and be antimicrobial. Its antimicrobial activity has been shown to combat *Candida Albicans*, *E. Coli*, *Salmonella*, and more!

White Tea (contains caffeine)

White tea actually comes from the same plant as green tea, but it is processed differently. Although less research has been dedicated to discovering its health benefits, it is likely that its healing properties resemble those of green tea, although perhaps to a lesser degree.

Rooibos

Rooibos is a South African plant that provides a rich source of antioxidants such as quercetin and rutin. Studied health benefits include its protective effects against inflammation and cardiovascular disease. It may also be beneficial for promoting balanced glucose levels in type 2 diabetics.

Lemongrass

Lemongrass is commonly used in Southeast Asian cooking, but it can also be found as a component of herbal tea blends. It has antimicrobial properties that have been compared to penicillin and it may protect against biofilm formation. Lemongrass has also been used in mouthwash, as an anti-inflammatory, an antioxidant, for pain relief, and for fever reduction.

Peppermint

Peppermint is well-recognized for providing symptom relief for individuals with IBS. This may be partially due to its antimicrobial and anti-spasmodic properties. Other medicinal uses include its ability to increase salivation, soothe inflammation, and relieve headaches.

Look out for these!

A variety of different teas have been determined by Monash University to have a **moderate or high FODMAP** content (based on 250ml ~ 1 cup):

- Black Tea (if strong, not weak)
- Chai Tea (if strong, not weak)
- Chamomile (strong or weak)
- Dandelion (if strong, not weak)
- Fennel (strong or weak)
- Oolong (strong or weak)

Other Potentially Problematic Ingredients:

- Prebiotics (SCD Illegal):
 - Chicory root
 - Inulin
- Mucilaginous herbs (SCD Illegal):
 - Slippery Elm
 - Marshmallow Root
- High FODMAP fruits:
 - Blackberries
 - Apple
- Caffeine (*some people report issues with it*)
- Mint (*may be problematic for those with GERD/acid reflux*)
- Untested Items: there are many herbs found in tea that have not been tested for their FODMAP content. When in doubt, choose teas with fewer ingredients that you know are safe for you. Or, go rogue and try out something you've been eyeing! The choice is yours ☺