Tea and Bloating

From the teas.co.uk wiki

> **Tea and bloating, in short:** fennel, caraway and aniseed are traditional carminatives (they help shift gas), peppermint eases gut spasm, and ginger helps after a heavy meal. Comfort and gentle support, not a cure.

Last reviewed by the teas.co.uk team in May 2026.

For bloating and trapped wind, the classic cups are fennel, peppermint and ginger. They offer real, gentle relief for everyday gassiness, but they do not treat an underlying gut condition.

The carminative herbs

A carminative is a herb that helps relieve gas and bloating. Fennel, caraway and aniseed are the traditional ones, which is why they turn up in so many after-dinner blends. See Wikipedia: carminative and Wikipedia: fennel.

Peppermint for trapped wind and spasm

Menthol relaxes the smooth muscle of the gut wall, which can ease cramping and trapped wind. The same effect underlies its use in IBS. See Wikipedia: peppermint. One caveat: peppermint can worsen acid reflux, so choose fennel or chamomile instead if heartburn is your main problem.

Ginger after a heavy meal

Ginger helps move food through the stomach, so a weak ginger tea can settle that overfull, bloated feeling after a big meal. See Wikipedia: ginger.

A note on constipation and "detox" teas

If bloating comes with constipation, warm fluids and a regular routine help more than any single cup. Be wary of "detox" or "slimming" teas built on senna, a stimulant laxative: they can cause cramping and are not for regular use. The NHS guide to constipation covers what actually helps.

At a glance

Tea	For bloating and wind

Fennel	Classic carminative; gentle anti-bloating
Caraway / aniseed	Carminative; common in after-dinner blends
Peppermint	Eases spasm and trapped wind (avoid if reflux)
Ginger	Helps after a heavy meal
Chamomile	Mild, soothing all-rounder

FAQ

Best tea for bloating? Fennel or peppermint after meals; ginger if you are overfull.

Does tea get rid of trapped wind? Peppermint and fennel can ease it, but they relieve symptoms rather than fix a cause.

Are detox teas good for bloating? Avoid laxative-based ones; they can cause cramping and dependence.

When should I see a GP? If bloating is persistent, painful, or comes with weight loss or a change in bowel habit, get it checked.

This is general information, not medical advice. Persistent or painful bloating should be checked by a GP or pharmacist.

FROM THE CURATOR

teas · The cup you finish is the right cup. Skip the variety until that one is sorted.

Sources

- NHS: constipation
- Wikipedia: carminative
- Wikipedia: fennel
- Wikipedia: peppermint

Part of: Tea for Digestion

- Tea & digestion (overview)
- Tea & acid reflux
- Tea & nausea and upset stomach
- Tea & IBS
- Tea & gastritis

Shop carminative and herbal teas in the herbal & fruit range (fennel, peppermint, ginger) or browse the full tea shop (free UK postage over £35).

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- Black tea
- Oolong tea
- White tea
- Herbal tea
- Caffeine in tea
- How to make tea properly
- Loose leaf vs teabag

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