

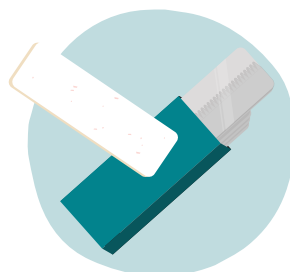
Natural Remedies for Heartburn

Try these simple solutions to help relieve occasional heartburn.
Talk with your doctor if you get heartburn more than twice per week.

Quick Relief



Drink water with 1 teaspoon baking soda mixed in.



Chew sugar-free gum after meals (but avoid mint-flavor).

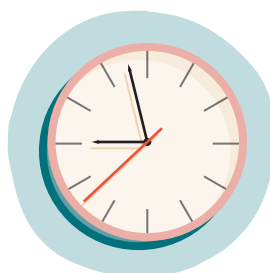


Loosen clothing around your midsection.

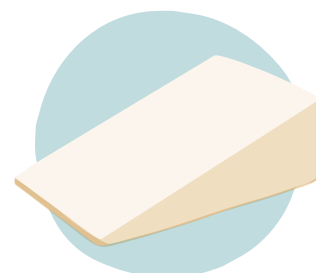
Simple Habits



Sit up straight while eating.



Leave 3 hours between dinner and bedtime.



Use a wedge pillow at night.

Foods to Limit



Spicy and greasy foods.



Coffee and chocolate.



Citrus fruits and tomatoes.

Important: These tips are for occasional heartburn only. If you experience chest pain and are unsure of the cause, seek immediate medical attention.