BAD STOMACH?

Don't let indigestion cause worry or pain.

This is not an advertisement. It is a piece of genuine advice to the many men and women who find that indigestion is becoming a daily occurrence in their lives.

Many doctors say that indigestion is due to a large or heavy meal eaten just before going to bed. It is caused by the action of the stomach in digesting and breaking down the food eaten.

If you have ever had severe indigestion, you know how it can cause pain and discomfort. It is a condition that should be treated promptly.

The cure for indigestion is not found in any medicine bottle. It is found in a combination of proper meals and good habits.

You can stop indigestion by

1. Eating small, frequent meals
2. Avoiding heavy or greasy foods
3. Avoiding alcohol
4. Getting regular exercise
5. Getting plenty of rest

These are just a few of the steps you can take to stop indigestion.

There are many medications available on the market that can help treat indigestion, but they are not a cure. The only way to stop indigestion is by following a healthy lifestyle.

You can find out more about indigestion and how to treat it by visiting your local doctor or pharmacist.