

### **Indigestion – Ways to Avoid it**

- \*Eat slowly and chew your food thoroughly. Digestion begins in your mouth.
- \*Don't talk while you are chewing.
- \*Eat in a relaxing environment without tension.
- \*Don't wash your foods down with fluids. Drink water or other drinks a half hour before or two hours after your meal. This is more important as you get older.
- \*Eat several smaller meals rather than one large meal, and don't overload your stomach at any time.
- \*Avoid high fat meals and an excessive amount of meat; both are more difficult to digest than carbs.
- \*Drink ginger tea as a digestive aid.
- \*Chew fennel seeds for gas problems.
- \*Try DGL (Deglycyrrizinated Licorice), a type of licorice that has the glycerine removed as a digestive aid before you eat.
- \*Remember that heart problems can be masked by symptoms that appear to be only indigestion. See your doctor, if you chronically have digestive problems.
- \*Acid reflux can damage your esophagus, so it needs to be addressed. Changing your eating behaviors may be enough, but if it persists, see your doctor.