

Heartburn - how to deal with heartburn the "Organic way"

Avoid: fats; chocolate; mints; caffeine; smoking and alcohol. All of these make the muscle at top of the stomach relax and allow acid to pass up into the gullet.

Lose weight if you are overweight. Do this slowly by eating healthy meals and take regular exercise (dance, swim, whatever you like). Eat smaller meals.

Don't lie down after meals. Lift the head of your bed by 15 cm (use a brick).
Avoid tight fitting clothes.