

TUMMY ACHES: HANDY TIPS TO HELP YOU FEEL BETTER!

Abdominal pain can be acute and sudden in onset, or the pain can be chronic and longstanding. Abdominal pain may be minor and of no great significance, or it can reflect a major problem involving one of the organs in the abdomen. The characteristics of the pain- location, timing, duration, etc. are important in diagnosing its cause. Persisting abdominal pain should be evaluated by a physician.

- **T**ake one or 2 ACTAL to relieve acidity and or heartburn or a sachet of ENO to relieve heartburn, acidity, and discomfort due to overeating.
- **D**rink ginger beer or ginger soda, or try sucking on a piece of fresh ginger. A cup of ginger tea or a couple ginger snap cookies might also help to relieve upset stomach and reduce nausea.
- **S**ip a cup of peppermint or chamomile tea if your stomach is upset. Both of these teas soothe upset stomachs, reduce gas and help the stomach to calm down so spasms stop. If you are experiencing heartburn with your stomach ache, though, stick to chamomile, because the peppermint might aggravate the heartburn.
- **E**at something; you may also just be hungry.
- **L**ie down and elevate your feet on a couple of pillows. Close your eyes and do some deep breathing. Applying a heating pad to your stomach while you are lying down might also give you relief from your stomach ache. Use a hot water bottle pressed to your abdomen, but be careful it's not too hot to burn you or try taking a warm bath and relaxing for a little bit in the tub.
- **T**urnover and lay on your stomach if your stomach ache feels like it is caused by trapped gas. Putting pressure on your stomach may cause the gas to move around and come out, giving you relief from the pain.
- **D**rink plenty of fluid and eat plenty of fiber to reduce symptoms associated with constipation.

- **E**at crackers or toast. Sometimes stomach aches are caused by too much acid floating around in your stomach with nothing to do. These foods will help absorb the acid to make things a little more comfortable. Also, sipping a glass of water will help to dilute the acid in your stomach.
- **L**ie on your left side for 5 minutes on a comfortable couch or bed to see whether it will allow you to burp. This is because the stomach is on the left side of the body and the esophagus enters the stomach on the right. So, the bubbles of gas can rise to that entry point and make a burp possible.
- **T**ry carbonated beverages such as ginger ale, carbonated mineral water, or tonic water (with quinine, it tastes good and it works!)
- **I**n case of acidity, it is a good idea to drink milk which is a base and neutralizes acid.

See a doctor if you experience severe abdominal pain that comes on suddenly, or if you are experiencing rectal bleeding, vomiting or fever. You should also see a doctor if your stomach aches lasts for more than 24 hours.

By Dr Gloria Sane

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