



Ways To Avoid *Heartburn* In Pregnancy

Chew your food thoroughly and eat slowly



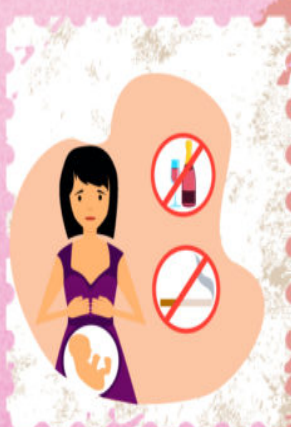
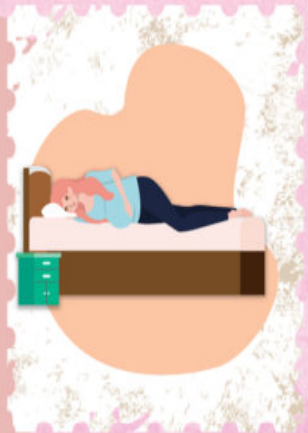
Wear loose and comfortable clothes

Consume small and frequent meals



Avoid spicy, fried, and fatty foods

Sleep two hours after having a meal and keep your head elevated



Avoid unnecessary medications and refrain from smoking and alcohol consumption