



spotlight on health

Cooling Seasonal Heartburn

(NAPSA)—Statistics show that more than 60 million Americans have heartburn at least once a month, and about 15 million have it daily. But there are ways to keep heartburn from heating up during barbecues and other warm-weather get-togethers. Experts offer these tips:

- Cut down on the things you know cause symptoms, such as fatty foods and carbonated and alcoholic beverages.



It can be easy to avoid heartburn at barbecues and outdoor parties.

- Drink plenty of water. It dilutes stomach acid.
- Wait a little while after eating before engaging in any sports or strenuous activities.

For times when you need an over-the-counter antacid, there's no need to fear that chalky taste. New antacid products such as Ultra Xcid taste great and neutralize acid on contact. In fact, no other antacid relieves heartburn better. The product offers a uniquely creamy yogurtlike texture without the chalky taste of other antacids.

One teaspoon is as effective as two teaspoons of the leading antacid, so you won't need much to feel better fast. Plus, it's safe to use with over-the-counter acid inhibitors. Each teaspoon has about 30 percent of the recommended daily dose of calcium. For more information, visit www.myxcid.com.