

# Holiday Hints

## Tips For Having Heartburn-Free Holidays

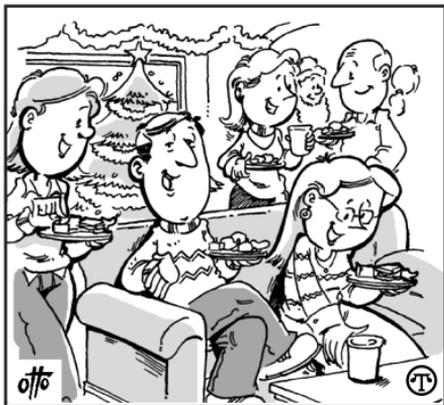
(NAPSA)—While a stack of party invitations typically means two months of festive gatherings, it can also lead to something that's much less enjoyable: heartburn.

Doctors say the condition is frequently caused by stress associated with the holidays combined with the typical indulgences at holiday parties—eating unfamiliar foods, drinking alcohol, etc.

Fortunately, heartburn symptoms—such as a burning sensation rising from the stomach to the chest and neck and an acid or bitter taste in the mouth—can usually be controlled for most people by changing a few behaviors or taking a chewable antacid.

People who don't like the taste and texture of regular antacids should try new types of chewables such as TUMS Smoothies Cocoa and Crème. They're made with real Dutch cocoa and delicious vanilla. All TUMS Smoothies chewables can be particularly good for holiday parties because they now come in 12 count "Take Out" packs that easily fit in a pocket or purse. The packs let you discretely take the antacid without announcing your heartburn to the party.

TUMS antacids—which contain calcium that's good for you—marks its 75th birthday this year and is used by more people than any other brand to treat heartburn.



**Eating slowly and sticking to smaller meals can help you avoid holiday heartburn.**

Try these additional tips for controlling holiday heartburn:

- Stick to small meals.
- Eat slowly.
- Avoid large, fatty meals and spicy or acidic foods.
- Limit alcohol consumption.
- Note previous reactions to certain foods and avoid those that create heartburn symptoms.
- Drink a glass of water when heartburn occurs to help dilute and remove refluxed acid from the lower esophagus.
- Avoid lying down or stooping soon after meals.

By following these suggestions, you can increase your chances of celebrating the holidays heartburn free.