Burn *out*

Don't stress it

If stress is at the root of your heartburn, Gaviscon Double Action can offer you fast relief on the go, so you don't have to press pause on life. But if you're looking for a lasting solution that will make you feel happier and help improve your digestive health in the long term, here are a few things you can try.

- When you're stressed, it's easy to turn to comfort food, but try to avoid high-fat and sugary foods that can cause heartburn and opt for vegetables and carbohydrate-rich meals instead.
- Exercise is not only good for your health, but it can also help reduce stress. If you want to get a boost of feel-good endorphins, try going for a walk or a gentle run, or channel your inner zen through yoga.
- Sleep is key to tackling stress, so make sure your bedroom is dark and quiet, and allow yourself adequate time to get a good night's rest.
- Know that you don't have to deal with your worries on your own. Talking to someone can make a huge difference to your mood, whether it's with a friend, a family member or your GP.

Did you know stress can cause heartburn? Ease your discomfort with these nifty tips from Gaviscon

As you probably well know, there are a whole range of foods that can trigger heartburn, from your daily cup of coffee to a spicy takeaway curry. But you may not realise that stress could be a contributing factor, too.

From time to time, you might find that stress leads to heartburn. And if you've had it before, you'll know just how uncomfortable, and annoying, it can be. If you're looking for fast, effective relief, try Gaviscon Double Action.

While some heartburn medicines can take up to two or three days to work*, Gaviscon Double Action gets to work instantly, targeting both heartburn and indigestion. It provides relief in two ways: it neutralises excess acid in your stomach, then forms a protective barrier to prevent acid reflux (when excess stomach acid escapes back up your oesophagus). What's more, it lasts up to twice as long as antacids**, so you can go about your day as normal.

Learn more about heartburn at **gaviscon.co.uk**

Gaviscon Double Action mint flavour chewable tablets. For heartburn and indigestion. Always read the label. RB-M-04131.

*Medications such as PPIs consumed by frequent heartburn sufferers. **For verification please write to: PO box 4044, Slough, SL1 0NS