

tips of gastritis

Source: <http://sci.tech-archive.net/Archive/sci.space.shuttle/2008-04/msg00213.html>

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 - *Date:* Thu, 24 Apr 2008 20:30:09 -0700 (PDT)
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At first, the one suffers GASTRITIS because eating irregularly. Consequently, when stomach is empty, gastric acid can make it painful and hurt. If it often happens, surface of gastric gets gradually the decrease of elasticity, easily injured and relieved uneasily.

Here are some alternative advices for us:

What needs preventing from not getting GASTRITIS?

" Eat regularly. Make gastric accustomed to get food although it s not main food

" If stomach is forcedly empty, do the working with position of upright body.

" Don t wear too tight dresses or clothes, especially in part of stomach. Too tight Clothes can move muscles and internal stomach organ. As a result, the process in stomach can be disturbed.

What should be done if getting GASTRITIS?

" Before being permanent relief, things affecting a relapse such as eating late, eating chilly, acid and others needs avoiding

" Try permanent and natural healing; <<http://www.pennasianormalization.com>>Pennasia Normalizationis very experienced in this case

" Traditional medicinal herbs if available can be used as long as it s permanent recovery.

Hopefully the suffererswill heal soon.

And additional information: in a few days later, Pennasia Normalization will launch Technique of Diabetes Therapy for free charge in my site. You can tell your friends or someone that suffers diabetes about this good information. Good luck and God bless you!!

Regards,

<<http://www.pennasianormalization.com>>Pennasia Normalization

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