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GAS SAVING TIPS

10 DonTMts That Might Just Lessen Your Gas Problems

1. DonTMt try to make yourself belch.
2. DonTMt gulp air with your food; eat slowly.
3. DonTMt wash your food down with liquid; take small sips.
4. DonTMt drink soda pop, beer, and other carbonated beverages.
5. DonTMt take fizzy indigestion remedies or bicarbonate of soda.
6. DonTMt chew gum or suck on hard candy.
7. DonTMt drink from beverage cans or bottles, or with straws.
8. DonTMt smoke cigarettes, or especially pipes.
9. DonTMt become anxious about belching.
10. DonTMt forget that belching alone rarely indicates serious disease.