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Dietary Recommendations for Dyspepsia

Dyspepsia describes indigestion, or discomfort in the upper abdomen. Overstimulation of pain and pressure receptors around the stomach appears to play a central role in this condition.

Treatment involves a variety of dietary and lifestyle changes, in order to change this.

Things to do if you have dyspepsia include:

- Chew your food and eat slowly. Be mindful not to swallow air while you eat.
- Avoid smoking
- Minimize alcohol
- Avoid spicy foods
- Avoid acidic foods- i.e. lemons, oranges, tomatoes
- Avoid chocolate
- Avoid eating immediately before sleeping
- Minimize use of anti-inflammatory medications (i.e. Advil, Alleve)
- **Keep a Food Diary**- keep track of which foods irritate you the most and try to eliminate them from your diet

These dietary recommendations are specifically meant for the condition which it treats.