HOW TO HEAL SORE STOMACHS

In every household, there is a person who suffers from sore stomachs. These can be caused by various factors, such as stress, overeating, or irregular eating habits. To help alleviate these symptoms, there are several remedies and approaches that can be taken.

1. **Frequent Small Meals:** Eating smaller, more frequent meals can help to reduce the strain on the stomach.

2. **Avoid Greasy Foods:** Foods that are high in fat can cause discomfort and may exacerbate stomach problems.

3. **Probiotics:** Consuming probiotics can help to improve gut health and reduce inflammation.

4. **Hydration:** Drinking plenty of water can help to maintain proper digestion and prevent dehydration.

5. **Acupuncture:** Some people find that acupuncture helps to alleviate stomach pain.

Remember, if you are dealing with persistent stomach issues, it is important to consult a healthcare professional for appropriate diagnosis and treatment.

---

**ROYAL TYPEWRITERS**

E. M. Ellis & Co.,
Sole Importers, MALAYA
無法識別語言。
高校招生考试
Hall's Wine

Sole Agents:
Malayan Motors, Ltd.
The 1930 Willys Six 1/2 ton truck

A new order of fast, safe, and economical transportation

Lower cost per ton mile

Willys SIX

LONG ECONOMICAL LIFE