

Belching...

The noisy return of air from the stomach to the mouth. This may result from eating or drinking too quickly, or the nervous habit of swallowing air. With indigestion or acid stomach, belching can relieve discomfort. In pregnancy it sometimes help relieve nausea and heartburn.

Prevention.

A close friend or partner may be able to tell you if you have a tendency to swallow air. Once you are aware of the habit, it will be easier to control it.

Avoid carbonated drinks and beer. Always eat with your mouth closed. Don't chew gum. Do not drink straight from the can or bottle. Exercise regularly.

Treatment - Herbal.

Fennel, peppermint or vervain infusion aids digestion: pour a cup of boiling water on a teaspoon of the dried herb and leave to infuse for 5 minutes before drinking. Take when required. Sucking a strong peppermint sweet helps. Ginger infusion helps relieve the need to belch: pour a cup of boiling water on 1 teaspoon of freshly grated root and leave to infuse for 5 minutes and drink when needed.

Homeopathy

Take every 30 minutes for up to 5 doses:

If belching relieves pain or discomfort: Carbo vegetabilis 6c. If belching does not relieve discomfort: China 6c.

Orthodox

Your doctor may recommend antacids to help aid digestion.