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YSPEP9

SYMPTOMS

Variable Appetite, Faint

Gnawing at Pit of Stomach, Rising and Souring of Food, Heartburn, Wind in Stomach, Choking Load from Food Undigested, Bad Taste in Mouth, Headache, Constipation, Foul Coated Tongue, Low Spirits, Wandering Pains—especially in Left Side,—Languor and Debility.

Too Hearty Eating; Eating too rapidly; Too free use of Stimulants; Too much CAUSE

greasy and animal food—gravy, pastry, cheese, pickles, etc.; Neglected Constipation; Bad Air; Lack of Exercise; Hurrying to Hard Work-either physical or mentalimmediately after Eating, is the source of many Stomach Troubles.

Regulate the Diet and Mode of Living; take active Exerof Living; take active Exercise, but not too soon after Eating; Shun Stimulants; Avoid Late Hours, Rapid Eating, and overtaxing the Stomach; Regulate the Bowels; Avoid Drinking at Meals; Abandon all Narcotics, such as the coffee tobacco livings. such as tea, coffee, tobacco, liquors, etc., as far as possible. Eat only plain nourishing Food. Milk or pure water is the best drink. Take Burdock Blood Bitters, which regulates the Bowels, Promotes Perfect Digestion, Makes Pure Blood, Tones the Stomach, Regulates the Liver and Kidneys, and thus Restores Perfect Health and Strength to the Debilitated System.