



Heartburn & Gas Making Life Miserable?

Eating should be pleasurable! But when it bloats you, causes chest pain and leaves you full of gas, life just isn't fun!

Come learn:

- What causes heartburn & gas (you'll be surprised!)
- Why antacids don't work and can actually make things worse
- If probiotics will help or hurt
- How to wean off heartburn medications & use food to heal your gut so you can get back to enjoying your food!

Stop Heartburn Naturally

Led by: Cheryle McKee, MS, CNS, LDN
Board Certified Nutritionist & Wellness Coach

Wednesday, May 2nd
Noon – 1pm

Cost: \$25

1 West Church St., Frederick, MD 21701

Register at:

www.nourishingabundance.com/stopheartburn

