

INDIGESTION

Meaning: Indigestion is a discomfort or pain in the stomach associated with difficulty in digesting food, often characterized by symptoms such as bloating, heartburn, or nausea.

1. Indigestion often strikes after a heavy meal filled with rich foods.
2. She reached for an antacid, hoping to relieve her sudden bout of indigestion.
3. Symptoms of indigestion can include bloating, nausea, and a burning sensation in the stomach.
4. When stress levels rise, many people experience increased episodes of indigestion.
5. Avoiding spicy and fatty foods can help mitigate the discomfort of indigestion.

Source: sentences.whatistheurl.com

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