

Soothe your stomach with Broccoli

Are you one of millions of Americans that suffer from heartburn, reflux, ulcers, or other stomach-related discomfort? Well, aside from the usual guidelines of avoiding irritating foods, maintaining a healthy weight, and not lying down within 60-90 minutes of eating- there is something else you can do to help soothe your stomach issues: Dr. Howard Levy, internal medicine specialist at Johns Hopkins hospital, recommends eating broccoli frequently. He says, among its many benefits, it helps protect against *H. pylori*, the bacterial infection responsible for most ulcers and some gastritis.