

Soothe your stomach with Spinach!

If you need to take ibuprofen, or another NSAID (non-steroid anti-inflammatory drug), a common side effect can sometimes be stomach irritation. Well, a recent study out of Sweden's Uppsala University found that eating vegetables rich in natural nitrates, like beets, spinach, lettuce, and radishes can help! These veggies speed up the renewal of our stomach's protective lining, preventing ulcer formation. While taking NSAID's Joel Peterson, PhD, PharmD, recommends consuming about 8-10 ounces of the mentioned veggies each day. This is the equivalent of two large servings of spinach or lettuce.

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