

THE TAKEOUT

Home Stomachache Remedies That Actually Work

Health experts weigh in on the traditional methods for settling an upset stomach.

“Dr. Nooshin Hosseini, a gastroenterologist at Vanguard Gastroenterology and clinical assistant professor of medicine at NYU Langone Hospital, lent some insight into the effectiveness of the home remedies most often used to relieve an upset stomach. Growing up, and right up until writing this article, I always thought that drinking a carbonated beverage would help settle an upset stomach. However, Dr. Hosseini says the carbonation can actually make an upset stomach a bit worse. When your stomach hurts you might find yourself burping a lot, like your body is trying to get rid of the pressure you’re feeling inside. “A lot of times when people have an upset stomach they may have gas pains,” says Hosseini. “When you’re drinking these bubbles, you’re just introducing more air in.” Hosseini adds that sometimes some of the minerals used to create carbonation in a particular fizzy drink can trigger reflux. So, although that glass of 7 Up feels like the right decision, it might actually prolong discomfort instead of relieving it.

