

Digestive system complaints are among the most common ailments that can strike on any given day. They include nausea, heartburn, diarrhea, and constipation. Not only are they among the most common, but they are also among the most detrimental to our quality of life. What is there to do? Are we forced to suffer through it alone? A trip to your local pharmacy is a good place to start, where you can learn about ways to treat your symptoms, prevent them from worsening, keep recovery times shorter, and get back up and moving again. Your pharmacist is able to recommend products that will help, and steer you clear of products that might not be appropriate for your specific situation. So, the next time you find yourself as one of 200 million Americans with a case of diarrhea, or if you are having nausea, constipation, or heartburn, bring yourself or have a friend stop by your local pharmacy, and get on the way to recovery!

Reference:

Dlugosz, CK. *The practitioner's quick reference to nonprescription drugs*. Washington, DC: American Pharmacists Association; 2009.