



Understanding the Causes of Heartburn

Ah, heartburn – that uncomfortable, burning sensation that radiates up from your stomach and feels like it's searing your chest and throat. If you've experienced it, you'll know it's not fun at all. But what causes heartburn, and how can you prevent it? In this article, we'll delve into the causes of heartburn and give you some tips on how to keep it at bay.

Learn more - <https://www.ekohospitals.com/understanding-the-causes-of-heartburn/>