

# NATURAL WAYS TO HELP SOOTHE GASTROENTERITIS (Stomach Flu)



Avoid Solid Foods



Drink a Lot of Fluids  
(Water, Juices, or Oral Rehydration Solution)



Use A Heating Pad for Abdominal Cramps



Get Plenty of Rest



Increase Your Intake of Probiotic-rich Foods or Supplements

*Stomach flu is not serious, and most people recover without any complications.*

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**GASTROCARE**