INDIGESTION

Symptoms:

GastroesophagealAbdominal pain
Rumbling noises
Bloated feeling
Belching
Nausea
Vomiting
Burning sensation after eating

Avoid:

Swallowing air (eg. Chewing with mouth open, talking while chewing or gulping down food)
Drinking liquids with meals, diluting enzymes needed with meals.
Eliminate foods and beverages that can cause indigestion because they are irritating to the digestive tract: alcohol, vinegar, caffeine, greasy, spicy, refined foods.
Milk is the number one allergy or food sensitivity in the world. Leave it out of your diet as it can cause indigestion and high production of mucus.
Do not eat when upset or overtired.
Do not eat too fast, don't gulp down the food.
Limit intake of peanuts, lentils, soybeans which contain an inhibitor enzyme.

To Do:

See how much stomach acid you have to help digest your foods: take 1 Tbsp apple cider vinegar (or lemon juice). If it makes your indigestion go away, you need more stomach acid. If it makes your symptoms worse, you have too much acid so you won't want to take supplements that contain HCl.
When did your indigestion start? Was it after a traumatic event in your life? If so, you will need to deal with it at that level.
If you are tempted to take an antacid, remember they contain aluminum, not good for the brain and dementia. Better choice is plain calcium carbonate.
See the anti-inflammatory diet if you want a strict regime to help you.

Herbs:

There may be some ulceration of the stomach lining, so these herbs are best to help soothe and rebuild the lining: Marshmallow Root, Fenugreek seed, Slippery Elm
Other herbs to help indigestion: Ginger, Catnip, fennel, goldenseal, papaya, peppermint, aloe vera