Avoid The Heat Of Heartburn

(1) Substitute shredded zucchini or yellow squash instead of tomatoes.
(2) Drink water, noncitrus fruit juices and water, or weak tea instead of lemonade or caffeinated cola drinks.
(3) Smaller meals, include snacks and keep the fat low.

When heartburn sufferers make smarter choices, they can relax and enjoy the summer, says Pat Baird, RD. “Small lifestyle adjustments like avoiding lemonade and taking a walk after dinner can have lasting results. If you find that these changes don’t help, talk to your health care professional about other options that make the most sense for you. Often, the key to treatment is to understand the type of heartburn that you have.”

Understanding Heartburn

Understanding your type of heartburn is essential to know how to choose the most appropriate medication. Treatment options are available, including antacids (e.g., Tums, a registered trademark of GlaxoSmithKline), H2 blockers (e.g., Zantac, a registered trademark of GlaxoSmithKline), and proton pump inhibitors (e.g., Prilosec, a registered trademark of Procter & Gamble). Speak to your doctor about which is best for you.

Furthermore, the key to treating heartburn is to understand what type you have. Heartburn is a condition caused by stomach acid flowing up into the esophagus and causing irritation. There are different types of heartburn:
- Frequent heartburn (FHB): occurs two or more days per week. Frequent heartburn sufferers may also be those who medicate heartburn symptoms two or more days per week. People with FHB may also find themselves using multiple over-the-counter (OTC) medications two or more days a week for relief.
- Severe or chronic heartburn occurs more than two days per week and persists while taking acid-suppressing medications, despite dietary and lifestyle changes. Sufferers with severe heartburn should speak to a health care professional.

For more information on heartburn and how to treat it, visit the National Heartburn Alliance at www.heartburnalliance.com.

Proposed legislation known as the Automatic IRA Act of 2007 has been introduced in the House of Representatives (H.R. 2167) by Representatives Richard Neal (D-MA) and Phil English (R-PA) and in the Senate (S. 1141) by Senators Jeff Bingaman (D-NM) and Gordon Smith (R-OR).

Auto IRAs will allow employees who do not have access to or who are not otherwise eligible to participate in their employer’s retirement plan to save for retirement through payroll deduction, but without the option of having to sponsor such a plan.

Once the bills pass, approximately half of the workforce will be eligible to participate in an automatic IRA arrangement through an employer.

According to research conducted by AARP, 76 percent of Americans would like to have workplace IRAs as an option to help save for the future.

Americans need peace of mind when it comes to investing.”

Pat Baird, nutritionist and National Heartburn Alliance board member, offers the following tips to avoid summer heartburn.

• Use lean cuts of meat, like flank steak, instead of fattier cuts. • Drink plenty of water.
• Avoid eating spicy foods like onions or tomatoes.
• Mix various flavors into a dish.

Food For Thought

The brand-new season of “MoneyTrack,” a public TV series, features real people like Mr. Earl Crawley, the $12-an-hour parking lot attendant who today is worth a million bucks!

The new season of “MoneyTrack” features Mr. Earl Crawley, a Baltimore parking lot attendant who is now worth more than $1 million while making $12 an hour.

Planning For Your Future

Helping Americans Save For Retirement

(1) Divine Nature gave the fields, human art built the cities—Henry Wadsworth Longfellow

(2) God made the country, and man made the town—William Cowper

(3) A city is a large community where people are loneliness together—Herbert Prochnow

(4) I have an affection for a great city, I feel safe in the neighborhood, man, and in the sweet security of the streets—Henry Wadsworth Longfellow

(5) I love our city, we are proud of her, and she is right about her face Forward, she is shameless, and I love her—Emil Lawrence Kreps

(6) When the neighbors come and the doorbell rings, I know it’s time to open the door and invite them in—Emil Lawrence Kreps

(7) The city is a web, and the roads are its threads—Emil Lawrence Kreps

(8) The city is a web, and the roads are its threads—Emil Lawrence Kreps

(9) The city is a web, and the roads are its threads—Emil Lawrence Kreps

(10) The city is a web, and the roads are its threads—Emil Lawrence Kreps

For more information on heartburn, visit Levolor.com.

Shades Of Safety For The Kids’ Rooms

(NAPSA) — Remembering safety in all rooms of the house is paramount for parents, especially in children’s bedrooms. Often, parents have to sacrifice stylish home decor in order to provide the safety concerns in their child’s life.

Luckily, this is no longer a problem for parents wanting to update their child’s room. With Levolor’s Shades Of Safety For The Kids’ Rooms, thanks to an all-new and exclusive cordless Roman Shades line. Available in today’s hottest colors and patterns, Levolor has added the idea of style to safety, with the industry’s first line of cordless Roman Shades. Cordless shades can be lifted and lowered by simply pushing up or pulling down on the bottom of the shade.

Other new exclusive features for Roman Shades include:
• Room-darkening and light-filtering options to maximize privacy and light control. Homeowners can determine the exact amount of sunlight, making this an ideal feature for bedrooms or nurseries or home theaters.
• Traders that block out the light and textures that range from stripes, patterns and solids and come in seamless fabric widths up to 144”.

Tuna, a registered trademark of GlaxoSmithKline, H2 blockers (e.g., Zantac, a registered trademark of Boehringer Ingelheim Pharmaceuticals) and proton pump inhibitors (e.g., Prilosec, a registered trademark of Procter & Gamble). Speak to your doctor about what is best for you.

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