

Published based on [Gastritis Signs And Symptoms Are Horrible: This Is Not Something Which You Must Live With](#)

# **Gastritis Signs And Symptoms Are Horrible: This Is Not Something Which You Must Live With**

A lot of people have heard of gastritis but most people do not know gastritis symptoms. These are really bad, specially if you are in a sensitive gathering, say with a new boyfriend or girlfriend or perhaps on a job interview like the commercial. For me, it begins with abdominal discomfort. Again to me, it is usually after I've had a food which doesn't agree with me.

I've gotten very good at knowing which foods are the most severe, but sometimes my gastric symptoms show up out of nowhere. I've vomited on a first date before. It was awful. I had just met the guy at a friends and he told me how wonderful I looked. We started to talk and ate appetizers. That was a horrible mistake.

I had not spent more than 15 mins at the party when my [gastritis symptoms](#) became everybody's party entertainment. I suddenly doubled-over and threw-up all over my date's shoes. It was like something you only hear about happening in a movie or something. The most severe part about it was, I was very sick that I did not even cared.

I just moved the drama to the closest bathroom and finished the event. It wasn't until I felt a bit better that the terror of it all set-in. Now there was an entire party just outside the door that saw everything I ate on that day. Thus, when I say that the symptoms of gastritis are bad, you know what I mean. This story has a happy ending, though.

I've been seeing a doctor for treating my gastritis symptoms, and he has made my life whole once again. I know exactly what I can eat and I've medicine to help in general. Talk to your doctor, there're things which can be done once you are clinically diagnosed. Symptoms of gastritis are not something you have to live with. Get some help before you live my experience personally. I found that [Great Taste No Pain](#) is a awesome to alleviate gastritis.

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