# HEALTHIEST WAYS TO MAKE YOURSELF BUILDING

### Do Light Exercises

A simple jog, a brisk walk, or even jumping exerts pressure on the air inside your stomach and forces it up.

## Change The Breathing Style

Sitting upright will prevent a burp from getting stuck midway.

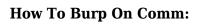


### Suck In And Trap Some Air

Force some air into your throat and trap it. Release the bubble slowly by lowering your tongue and parting your lips slightly.

# **How To Burp On Comm**

Lei Shi



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