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6 days ago feeling uncomfortably full after eating can stem from stress diet or conditions like gastroparesis learn what s normal and when to see a doctor

dec 14 2025 feeling heavy after eating is a common experience often described as dense fullness sluggishness or a physical weight in the stomach this sensation suggests the body is struggling to

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mar 6 2019 some stomach discomfort from time to time is normal but if you re dealing with any of these symptoms often it may be time to consult a doctor

nov 5 2021 there are many reasons you may experience digestive discomfort or feel uncomfortably full after a meal while overeating is a common culprit persistent early satiety feeling full after

aug 11 2025 eating smaller more frequent meals prevents the stomach from becoming overly full which is helpful for conditions that slow gastric emptying eating slowly and chewing thoroughly

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