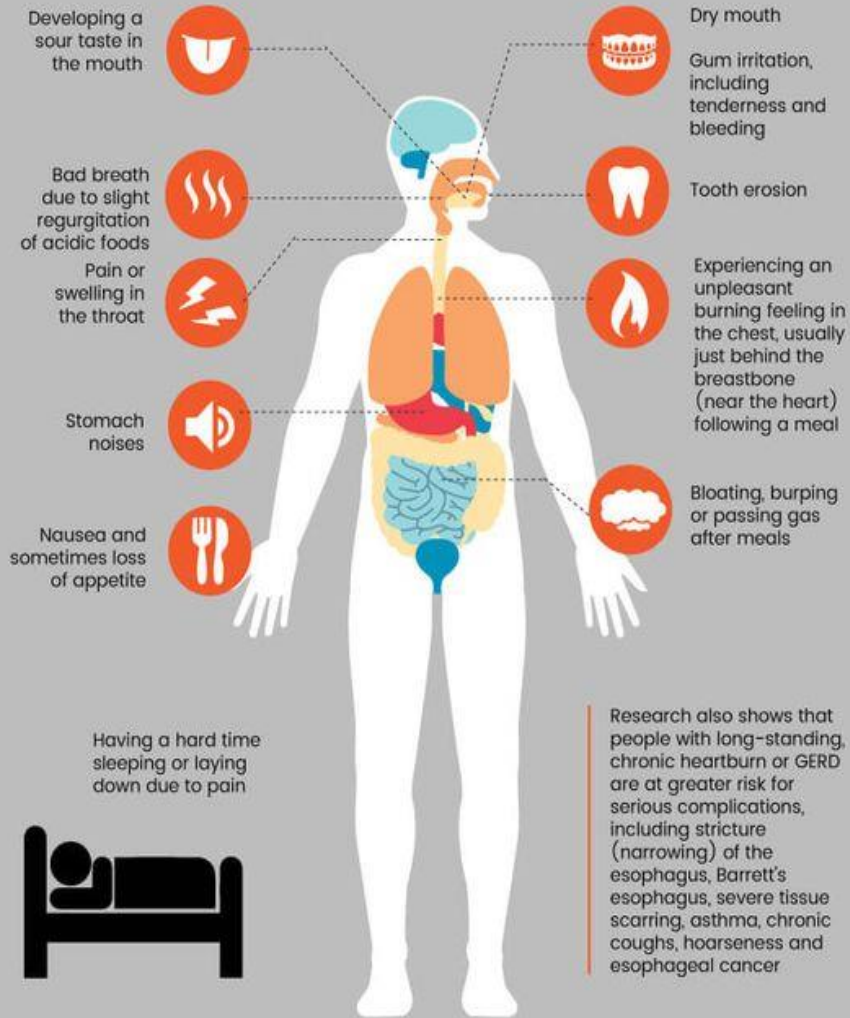


MOST COMMON HEARTBURN SYMPTOMS

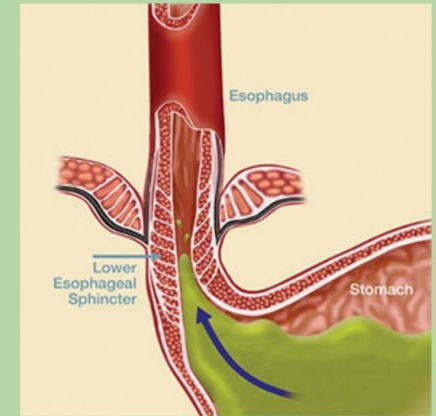


Dr. Axe
FOOD IS MEDICINE

Tips for Managing GERD

What is GERD?

GERD (gastroesophageal reflux disease) is the return of the stomach's contents back up into the esophagus. This occurs when the lower esophageal sphincter is weak or relaxes inappropriately.



#1 Avoid Trigger Foods

Foods that can enhance GERD would be the following: fatty foods, spicy foods, acidic foods (tomatoes & citrus), chocolate, onions, coffee, caffeinated beverages, and carbonated beverages.

#2 Eat Smaller Meals

Large meals fill the stomach and put pressure on the lower esophageal sphincter. Eat smaller meals throughout the day to avoid GERD acting up.

#3 Don't Lie Down

Try not to lie down after a meal for about 3 hours. This helps aid in controlling any acid reflux from happening. When you do lay down, elevate your head 6-8 inches so gravity can keep gastric acids down in the stomach.

#4 Lose Weight

Obesity is the leading cause of GERD. The extra fat in the abdomen pushes the stomach up and causes the acid to back up into the esophagus.

#5 Don't Smoke

Smoking decreases the lower esophageal sphincter's ability to function properly; hence, reflux will occur more frequently.

#6 Avoid Alcohol

Similar to smoking, alcohol relaxes the lower esophageal sphincter and decreases its ability to function properly.

Did You Know?

Did you know that acid reflux affects approximately 60% of Americans?

A low acid, high-fiber diet that contains a balance of all three macronutrients (proteins, fats, carbs) reduces inflammation from acid reflux.

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