

HEARTBURN & REFLUX

If you are one of the millions of people who suffer from heartburn, the most common symptom of reflux, there are things you can do to improve your health and enhance the quality of your life.

Avoid spicy, acidic, tomato-based foods like chocolate, citrus fruits, and fruit juices.



Limit your intake of coffee, tea, alcohol, and cola



Watch your weight. Do not gorge yourself at mealtime. Eat moderate amounts of food.



Do not exercise too soon after eating.



Avoid bedtime snacks. Do not eat for 3 hours before lying down.



Stop smoking.



Elevate the head of your bed with blocks or use a foam wedge.



