

heartburn / acid reflux

Try only having two meals earlier in the day, with fluids only taken in-between meals, and no snacking. In one study this cleared reflux symptoms in 75% of cases, improved 10% and made no difference in 15%. Other tips include:

- Lose weight, stop smoking, limit alcohol intake.
- Try to find ways to relax and reduce stress.
- Avoid foods that trigger your symptoms
- Do not eat within 3 or 4 hours before bed.
- If you suffer symptoms at night, elevate the top end of your bed slightly so your head is raised when sleeping
- Do not wear clothes that are tight around your waist
- Chew gum for 30mins after meals
- Eat more fruit/veg and less rich/fatty/spicy foods

Note: if symptoms persist see your Dr.

How it works: adopts healthier eating habits and improves digestion in general.

References: healGB.com/heartburn

Feedback: if you try this approach and would like to provide feedback of your experience please let us know by email: [feedback\(at\)healGB\(dot\)com](mailto:feedback@healGB.com)

Disclaimer: the information in this leaflet is not intended to replace medical advice. Please check with your GP before trying alternatives.