



# Coping with Heartburn and Reflux



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

1. Avoid spicy, acidic, tomato-based or fatty foods like chocolate, citrus fruits and fruit juices.
2. Limit your intake of coffee, tea, alcohol, and soda.
3. Watch your weight. Being overweight increases intrabdominal pressure, which can aggravate reflux.
4. Don't gorge yourself at mealtime. Eat moderate amounts of food.
5. Don't exercise too soon after eating.
6. Avoid bedtime snacks and eat meals at least 3 to 4 hours before lying down.
7. Stop (or at least cut down on) smoking.
8. Elevate the head of your bed with blocks.
9. See your health clinician if you use antacids three or more times a week.