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 your quality of life.

- Avoid foods and drinks that trigger heartburn. These include spicy, acidic or fatty foods; tomato based foods, chocolate, peppermint, citrus fruits and juices.
- Limit your intake of coffee, tea, alcohol, and soda.
- Maintain a healthy weight. Excess weight increases intra-abdominal pressure, which can aggravate reflux.
- Eat smaller meals.
- Avoid tight fitting clothes.
- Don’t exercise at least 2 hours after eating.
- Don’t lie down after meals, wait at least 3 hours to 4 hours and avoid bedtime snacks.
- Stop (or at least cut down on) smoking.
- Elevate the head of your bed.
- See your health clinician if you use antacids or other non-prescription medications three or more times a week.

For the most current information, click on the links below:

http://www.mayoclinic.com/health/heartburn-gerd/DS00095

CONTACT HEALTH & WELLNESS IF YOU HAVE ANY ADDITIONAL QUESTIONS OR CONCERNS