

Gastro
Esophageal
Reflux
Disease



- IF YOU SUFFER FROM GERD, THEN YOU'VE GOT A LOT OF COMPANY
- POSSIBLY 2 OUT OF 3 PEOPLE SUFFER FROM HEARTBURN, MOSTLY FROM OVEREATING & STRESS
- BESIDES EMOTIONAL STRESS, OVEREATING & PUTTING STRESS ON YOUR STOMACH
- THERE ARE WAYS IN WHICH TO REMEDY THIS, FOR ONE: DON'T OVEREAT!!!!
- THE FULLER YOUR STOMACH, THE EASIER IT IS FOR ACID TO SEEP BACK INTO YOUR THROAT
- EATING SLOWLY & DECREASING PORTION SIZE WILL DEFINITELY HELP
- NEVER A GOOD IDEA TO LIE DOWN AFTER YOU'VE EATEN WHICH IS WHY WE ADVISE YOU TO "CLOSE THE KITCHEN" AT LEAST 3 HOURS BEFORE GOING TO BED, SHUT OFF THE LIGHTS, KEEP YOUR DISTANCE, PUT UP A SIGN, YOU'LL REVISIT IN THE MORNING
- FURTHER, WHEN WE ADVISE EATING SLOWLY, THIS ENABLES YOU TO FEEL FULL FASTER, YOUR BRAIN TELLS YOUR STOMACH IN ABOUT 20 MINUTES, PUSH YOURSELF AWAY FROM THE TABLE, YOU'RE DONE
- WHEN YOU EAT QUICKLY YOUR STOMACH STRETCHES FAST WHICH WILL LEAD TO ACID REFLUX, SO PICK UP THE SMALL UTENSILS, CHOP STICKS, HAVE THAT GLASS OF WATER TO SIP ON BEFORE & DURING YOUR MEAL & DON'T SHOVEL THE FOOD INTO YOUR MOUTH, I.E. DON'T EAT LIKE A BOA CONSTRICTOR
- WHAT KINDS OF FOOD CAN CAUSE THESE BURNING SENSATIONS ONE CAN EXPERIENCE, WELL, YOU ALL CAN PROVIDE SOME OF THE ANSWERS
- HIGH SODIUM FOODS, HIGH FAT & HIGH SUGAR
- SO HOW YOU EAT IS EQUALLY IMPORTANT TO WHAT YOU EAT
- A BIG BELLY PUTS A LOT OF PRESSURE ON YOUR STOMACH, SO LESS WEIGHT AROUND YOUR STOMACH MEANS LESS PRESSURE ON YOUR STOMACH
- WHAT TO DO?
- EAT LOTS OF HIGH FIBER FOODS
- DON'T WEAR TIGHT FITTING CLOTHING, IT CAUSES PRESSURE ON THE STOMACH
- BUT DON'T PURPOSELY WEAR ELASTIC WAIST PANTS EITHER, JUST STOP EATING WHEN YOU FEEL FULL
- TAKE A WALK, ANYTHING THAT KEEPS YOU UPRIGHT WILL HELP YOU DIGEST YOUR FOOD FASTER & MORE EFFICIENTLY, DO WALKING, FOLDING LAUNDRY, WASH THE DISHES, GET YOUR BODY MOVING DOING EVERYDAY TASKS--BURNING THE CALORIES MAY HELP YOU TO AVOID HEART BURN
- SOME FOODS TO AVOID OR USE IN MODERATION:
- HIGH SODIUM • CITRUS FRUIT DRINKS • CHOCOLATE • FATTY FOODS
- CARBONATED BEVERAGES • COFFEE/TEA DECAFFEINATED OR REGULAR
- COFFEE, ESPECIALLY WITH CAFFEINE • TOMATO PRODUCTS • SPICY FOODS
- FRIED FOODS • ALCOHOLIC BEVERAGES