

Let's talk about heartburn

Avoid:

- Alcohol
- Insoluble fibers – salads, fresh fruit, raw vegetables.
- Grains, starches, and sugar
- Drinking lots of water throughout the day or during meal times.
- Coffee
- Spicy food, fatty or fried foods, garlic, onions, peppermint, tomatoes, chocolate.

Increase

- Nutrient dense, easy-to-digest foods – high quality dairy from grass-fed cows, raw milk, cream, cheese, butter, high quality meats and fish including organ meats, bone broth soups and cooked vegetables with butter.
- Foods high in chloride – celery, coconut, salt that is not from salty junk foods
- Lactofermented foods – sauerkraut, kimchi, pickles. Avoid yogurt as often times there is added sugars.

Modifications

- Avoid smoking
- Eat while relaxed
- Eat small frequent meals every 3 hours or so
- Chew foods thoroughly before swallowing them
- Avoid chewing gum or sucking on hard candies
- Avoid overeating at restaurants
- Stop eating three hours before bedtime
- Elevate your head of the bed while sleeping

Get your health check with us today to learn about more solutions @
<https://www.mobilehealthcottage.com/online-appointments>

