

Coping With Heartburn & Reflux

Avoid spicy, acidic, tomato-based or fatty foods like chocolate, tomatoes, citrus fruits, fruit juices, and peppermint.



Eat meals at least 3-4 hours before lying down.



Limit your intake of coffee, tea, alcohol and colas.



Stop (or at least reduce) smoking.



Watch your weight.
(Being overweight increases pressure in your abdomen, which can make reflux worse).



Elevate the head of your bed 4 to 6 inches.



Don't overeat at mealtime.
Eat moderate amounts of food.



Don't exercise too soon after eating.



See your doctor if you are taking antacids three or more times a week.

