Manage Acid Reflux or GERD
(GastroEsophageal Reflux Disorder)

1. Decrease Reflux!
   - Eat small, frequent meals.
   - Avoid evening snacks and late night meals.
   - After eating wait 2-3 hours before lying down.
   - Avoid tight-fitting clothes.
   - Elevate head of bed 4-8 inches when sleeping.

2. Eat Less of these Foods That Allow the Lower Esophageal Sphincter To Open:
   - Fat
   - Alcohol
   - Peppermint and Spearmint

3. Don’t Smoke!
   - Nicotine relaxes the lower esophageal sphincter muscle and allows it to open.
   - Smoking decreases the secretion of bicarbonate (an acid buffer).

4. Avoid Foods That Stimulate Gastric Acid Secretion:
   - Coffee
   - Beer and Wine
   - Chocolate
   - Caffeine
   - Large meals, especially those high in protein.

5. During Inflamed States, Avoid Acidic and Spicy Foods Which Irritate the Esophagus:
   - Citrus fruit and juices
   - Tomatoes
   - Soft drinks
   - Spices (red/black pepper and large amounts of chili powder)
   - Alcohol -- all kinds cause superficial mucosal damage.