

## EIGHT WAYS TO PREVENT ACID REFLUX

More than 33% of the U.S. population is dealing with burning and pain in their esophagus caused by Acid Reflux. Acid Reflux, also called gastroesophageal reflux, is caused by stomach acid that flows back up the esophagus. If symptoms are ignored or go untreated, severe health issues can occur, such as esophagitis, esophageal bleeding, ulcers or worse esophageal cancer.

This resource is designed to educate patients on how Acid Reflux can be prevented. The following is a list of eight simple ways that you can prevent acid reflux:

### 01 | Reduce/Eliminate Carbonation

Drinking beverages that contain citrus flavors or cola soda flavors can trigger the effects of Acid Reflux. Carbonation creates bubbles that facilitate stomach acid to enter the esophagus. Water is always a healthy alternative and should be the first choice.

### 02 | Alternate Dinner time

Allotting enough time for food to be digested is an essential part of the digestive process. Going to bed immediately after consuming a large meal can seriously aggravate the digestion process and cause Acid Reflux. Allow ample time for digestion after eating dinner or a large meal; preferably two to three hours.

### 03 | Spicy Food

Depending on an individual's tolerance levels, spicy food may elevate stomach acids. If this is the case, trying to reduce the amount of spicy food and/or the spice intensity can possibly decrease any acid production.

### 04 | Smaller Portions

Eating large meals can do more harm than good to your digestive system. In order to break down larger amounts of food, the stomach will need to produce more stomach acid, thereby increasing the chances of stomach acids being splashed up towards the esophageal muscle. Opposed to eating a few large meals (breakfast, lunch, and dinner), try eating several smaller meals throughout the day. Eating smaller portions will enable foods to be digested with ease.

### 05 | Slow down

Eating fast actually speeds up Acid Reflux. Slow down and sit down when it's time to eat. Not only will you avoid pain in the throat and chest, eating slowly tricks your brain into thinking that you are full more quickly, thus leading you to eat less.

### 06 | Eliminate Alcohol

Moderate to high consumption of alcohol can cause overproduction of acid in the stomach. The acid found in alcoholic drinks combined with stomach acid can lead more to than normal acid levels which can exacerbate symptoms and damage.

### 07 | Tomatoes/Sauce

Tomatoes are extremely high in acid. However, like spicy foods, an individual's tolerance to the amount of tomatoes will trigger Acid Reflux. Although incredibly healthy to most, those susceptible to having Acid Reflux should avoid or reduce their amount of tomato consumption or opt for an alternative.

### 08 | Avoid Fatty Foods

Foods high in fat are difficult to digest. The digestion process takes longer and is more uncomfortable due to the length of time it takes fatty food to break down. Therefore, choose low fat cuts of beef and choose grilled foods over fried foods.

For additional resources and to learn more about Acid Reflux visit: <http://www.mayoclinic.org/search/search-results?q=Acid%20Reflux>

***Did You Know?** Chocolate is high in fat and caffeine which can trigger Acid Reflux*

### References

<http://www.mayoclinic.org/diseases-conditions/heartburn/basics/definition/con-20019545>

<http://www.webmd.com/heartburn-gerd/guide/preventing-managing-heartburn>

<http://www.activebeat.co/diet-nutrition/15-heartburn-trigger-foods-control-acid-reflux/2/>