

‘NUTRITIONAL TIPS’

ACID REFLUX DIET **Affordable Accurate Advice!**

Many people take over-the-counter antacids for a quick ease of acid reflux. Worse still, many sufferers are using very expensive prescription remedies that really do not work! The drug companies know that and perpetuate the ‘Myths’ that keep the addiction hook deeply embedded! Indeed for most people, a proper eating habit may help fixing acid reflux. It must be noted that ‘Lowering Stress’ is always a very useful and effective track to be on! If it is eating you up, it will likely eat you up!

Acid Reflux Diet

- First of all, try to eat small frequent meals instead of 3 big meals a day. Small amount of food each time would exert less workload on the stomach and therefore requires less acid secretion for digestion. Make sure to include foods that are high in complex carbohydrates in each meal. These foods, such as rice, breads and pasta, are able to tie up excess stomach acid and are often easy on the stomach.
- Avoid high-fat meals such as those from the fast food chains. High fat foods will remain in the stomach longer in which more acid is secreted to digest them.
- But remember, don't overeat! Eating too much of any foods will stimulate the stomach to secrete more acids for digestion.
- Avoid or limit alcohol, chocolate, foods containing caffeine such as coffee and tea
- Maintain upright position during and at least 45 mins after eating
- Try elevating the head of bed 6 - 8 inches when lying down.

Don't think that beverages just quickly flow through your stomach without affecting acid production. Surprisingly, a lot of beverages stimulate acid secretion, such as coffee, tea, beer, wine and pop. The worst of all is beer. It could double your stomach acid within an hour.

THE ACID REFLUX DIET MYTH

A lot of people try drinking milk to ease acid reflux before sleep. But often, it ends up causing reflux during sleep. You may be '**Lactose Intolerant**' as well. Many of us are!

To understand the whole situation, we have to realize that the problem roots from eating too much at dinner time and then more too close to retiring to bed! One simply cannot sleep with a full stomach! In youth we are more likely able to cope, but the handwriting is on the wall. That practice does NOT enable sleep. When the body is busy working at the task of digesting food, it simply does not allow the mind to fully rest. Your blood sugar will also not be in a stable rest mode. There are no good results or conditions gained by eating late, while there are numerous negatives. You get fat as the body stores the food energy! You lose sleep and critical rest and recovery time. You are more inclined to suffer from type 2 diabetes and more!

As mentioned above, eating too big a meal at dinner causes excess stomach acid production. Drinking milk could be a quick fix to the reflux problem. Unfortunately, milk has a rebound action and would eventually encourage secretion of more stomach acid, which causes the reflux. To solve the problem, try eating a small meal at dinner and have a small snack such as crackers with water before sleep.

There is another amazingly effective and affordable cure for the conditions of 'Acid Reflux'. This action is to take one ounce of '**Pure Natural Apple Cider Vinegar**' with a little water chaser or as a mixed drink!

"**The logic?**" you ask. Your 'Gastro-Intestinal Track' naturally, mentally and physically, senses the need for acid secretion to assist in the processing of food. So food is a direct stimulation. Also, when you mechanically reduce acidity or stop the supply of digestive acids, the sensory mechanism also senses that condition! Thus your very smart body shifts into high gear to produce and excrete more into the 'G.I.' where it is needed. Hence the 'Hyper-Acidity Condition'! Here is the news! Taking an antacid, especially to little, stimulates acid secretion! Thus, when we add the 'Apple Cider Vinegar', we tell the '**pH Receptors**' to turn off supply! How simple!

The 'Acid Reflux' problem is also fundamentally mechanical. Far too many people eat and then move to the '**Lazy Boy**' or big deep couch! This is an error. Firstly, when prone, your stomach does not empty or translate the food slurry properly downstream. You get restriction and regurgitation leakage through the 'Primary Inlet Sphincter'. Uncomfortable to say the least! Drug manufacturers know this all too well! We all pay for our inefficient behaviour sooner or later! After your meal, go for a light walk. **At least do NOT lie down!** The job is not done until the meal is digested and moved downstream! Gravity is a real digestive factor for you too!

So what more do you need to hear? Will your small pleasure from too late intake of food ('Eating Before Bedtime') be less than or greater than your desire to be healthy? It's absolutely 'Your Parade' folks!

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