

## **‘NUTRITIONAL TIPS’**

### **HEARTBURN**

**‘Gastroesophageal Reflux’**, or ‘GERD’, sometimes known as heartburn, is a chronic disorder that is manageable with lifestyle changes, medication and sometimes surgery.

I want to stress that ‘Expensive Medication’ is the ‘Last Resort’! We in North America consume more useless ‘Medications’ that the rest of the world combined. We seem to want to make more ‘Pharmaceutical Billionaires’ at our health and wealth detriment!

Foods themselves don't cause heartburn, but they may aggravate the condition by stimulating acid production in the stomach. Onions, garlic, chocolate, alcohol, peppers and peppermint can all provoke heartburn. Try eating these foods in smaller portions or with meals earlier in the day. Avoiding caffeine-containing beverages and soft drinks may also help.

#### **TIPS TO HELP KEEP YOUR GERD CALM**

Drink lots of good clean pure water!

Sit upright for at least one hour after eating! Elevate the head of your bed and lie on your right side where the outlet of your stomach is generally located!

Eat several small meals during the day rather than one big late one! Don't eat within at least three to four hours of going to bed. That place is for sleep and pleasure, not hard digesting!

Conditions like pregnancy and obesity can trigger reflux, as can wearing clothing that is too tight around the waist. If these lifestyle changes don't aid in heartburn reduction, consult with your physician about other methods that might help.

What you eat and how you behave does make a difference! Make changes and rewards!

When you have ‘Heartburn’, take two tablespoons full of ‘Natural Apple Cider Vinegar’ with 6 to 8 ounces of room temperature water. You may be affordably amazed!

### **SATISFACTION GUARANTEED**

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