

Tips to Control Acid Reflux



To control acid reflux, you'll need to make some basic diet and lifestyle changes. The simple steps outlined below may be all you'll need to ease discomfort.

Watch what you eat

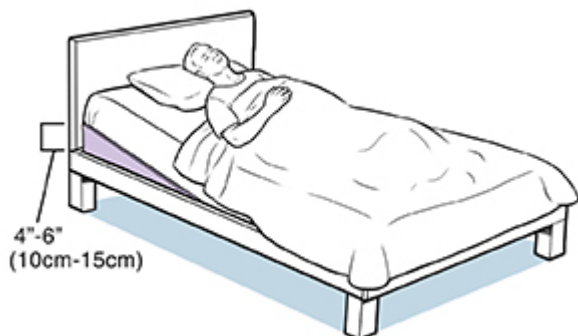
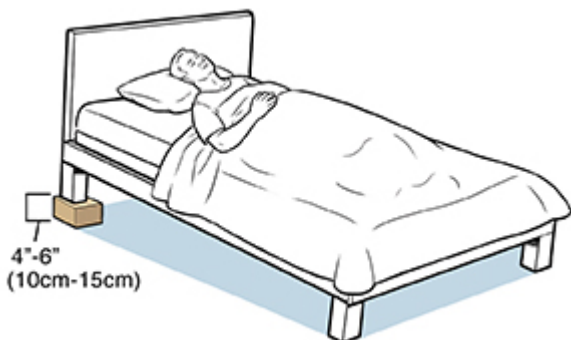
- Don't eat fatty or spicy foods.
- Eat fewer acidic foods. These include foods with citrus and tomatoes. These can make your symptoms worse.
- Limit drinks that are fizzy or have alcohol or caffeine. These all increase acid reflux.
- Limit foods and drinks with chocolate, peppermint, or spearmint. These can make acid reflux worse in some people.

Watch when you eat

- Don't lie down for 3 hours after eating.
- Don't snack before going to bed.

Tilt your upper body

Raise your upper body by 4 to 6 inches (10 to 15 cm) when you're lying down. This helps limit reflux. Put blocks under the head of your bed frame or a wedge under your mattress to raise it.



Other changes

- Lose weight, if you need to.
- Don't exercise near bedtime.
- Don't wear tight-fitting clothes.
- Limit your use of aspirin and ibuprofen.
- Stop smoking, if you smoke.

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