**REFLUX DIET**

If you are one of the millions of people who suffer from acid-related gastrointestinal discomfort, there are things you can do to improve your health and enhance the quality of your life.

1. Avoid spicy, acidic and tomato-based foods like fruit juice, Mexican and Italian food.

6. Don’t exercise too soon after eating.

2. Avoid fast-food hamburgers and other fatty foods. Chocolate in any form should also be avoided.

7. Avoid bedtime snacks and eat meals at least 3-4 hours before lying down.

3. Limit your intake of coffee, tea, alcohol, cola and peppermints.

8. Stop (or at least cut down on) smoking.

4. Watch your weight, (being overweight increases pressure in the abdominal area, which can aggravate reflux).

9. Elevate the head of your bed with wooden blocks. (Don’t elevate your head by using extra pillows; this can increase abdominal pressure).

5. Don’t gorge yourself at mealtime. Eat moderate amounts of food.

10. See your doctor if you are taking antacids three or more times a week.