ACID REFLUX

Causes

- **the lower sphincter in the throat (esophageal sphincter) allows the stomach acid to flow back into the throat. It is thought any of the following could be underlying the condition:**
- **stress**
- **taking antidepressants or sedatives**
- **eating large meals**
- **eating before going to bed**
- **eating greasy or oily foods**
- **a slowing of the stomach emptying**
- **smoking**
- **alcohol**
- **elevated hormone levels during pregnancy**
- **drinking pop or other carbonated beverages**
- **disease in the area such as haital hernia, scleroderma, connective**
- **tissue disease**

HELP

- **Elevate bed 6-8" at head end when you lie down**
- **Acid reflux is made worse if you are stressed. Sometimes the only time it happens is when you are stressed.**
- **Avoid drinking liquids with meals (dilutes stomach acid). Wait for 30 minutes after eating before taking in liquids.**
- **Take digestive enzymes capsules with your meals - and do 2 if it is a big meal.**
- **Try taking 1 Tbsp apple cider vinegar in 3/4 cup of warm water before meals or when the acid reflux is happening. You can add 1 tsp honey as a sweetener if you wish. Others have found relief by sipping 1 teaspoon of apple cider vinegar in a 1/2 glass of water while eating their meal. If you can't do the liquid, take a apple cider vinegar pill with each meal.**
- **Eat a half raw apple whenever needed, the malic acid greatly helps**

Herbal helpers:

- **take a ginger root capsule at the end of the meal; or chew a slice of ginger root.**
- **chew a teaspoon of fennel seeds after a meal (or make fennel tea and drink a cup)**
- **mix 1/2 heaping tsp each of aniseed and lavender. Pour 1 cup boiling water over, cover and let steep 10 minutes. Strain and drink - add honey if you wish. Do 1 cup in the morning and one in the evening.**
- **drink 1 cup cold chamomile tea after each meal and again an hour before bedtime or at the first sign of reflux.**
- **If you can get deglycyrrhized licorice root (DLG), it soothes the whole gastro area.**
- **chew slippery elm lozenges, or make the herb into a tea and drink throughout the day. Do not eat for 3-4 hours before lying down (eg. going to bed) to give the food a chance to leave the stomach.**
- **chew food slowly and thoroughly to help the digestion process.**
- **Eat 1 teaspoon raw honey twice a day. (unfiltered, heated or processed). Try taking a spoonful of honey just before bed.**
- **Avoid drinking milk (or having ice cream). It may seem to ease the acid reflux, but it will**

cause acid reflux while you sleep.

- **Eating a big meal causes excess stomach acid production, adjust the diet by eating small meals**
- **Avoid coffee, citrus fruits and spicy food which all seem to aggravate acid reflux**
- **Eating complex carbohydrates (rice, grainy breads and pasta) can use up excess stomach acid and are often easy on the stomach.**
- **Avoid high fat meals, fast foods. High fat foods stay in the stomach longer, needing more stomach acid in order to digest.**
- **Beer, wine and pop stimulate acid secretion. Beer is known to double stomach acid within an hour.**
- **Eating an apple in the evening helps relieve the symptoms.**
- **Don't drink out of a straw.**
- **Eat slowly.**
- **Excess weight should be lost and tight or restrictive clothing should be avoided.**
- **Avoid constipation because there can be a backlog in the digestive tract that encourages gastric reflux, make sure there is a lot of high fibre, grains in the diet.**
- **Take 1-2 Tbsp apple cider vinegar and 1 tsp honey in a little water water after meals. Taking digestive enzymes with meals will help if you can't do the apple cider vinegar routine.**
- **Mix 1 tsp baking soda in water and drink.**
- **The body is usually too pH acidic, change to slightly alkaline with foods or supplements. You can test pH through the urine. Take the reading in the morning, 2nd urination is best to test because the 1st urine in the morning has been sitting a long time and usually more acidic. Ideally it should be 6.5 to 7.0 pH**
- **Chew a few almonds in the morning and after each meal, chew them very well.**
- **Avoid extremely hot or cold foods**
- **Avoid tomato, lemon, orange juice, cranberry juice, grapefruit juice, raw onions, french fries, mashed potatoes, ground beef, chicken nuggets, buffalo wings, cottage cheese, sour cream, ice cream, milk**
- **shakes, spaghetti, macaroni and cheese, wine, liquor, decaf or regular coffee/tea, creamy salad dressings, oil and vinegar salad dressing, high fat cookies, chocolate, brownies etc.....**
- **Stick to an alkaline diet or avoid acidic tasting foods such as citrus, tomato.**
- **Try a dairy free diet and/or wheat free diet**
- **Don't have liquids with meals**
- **Keep your clothing loose, no tight belts**
- **Relax during meals**
- **Relax after meals but don't lie down**
- **No exercise or bending over after meals**

HOW DO YOU KNOW YOU HAVE ENOUGH ACID IN THE STOMACH?

Drink a glass of water mixed with 1/4 tsp baking soda in the morning on an empty stomach. If you belch within 2-3 minutes, you have enough acid in your stomach and the apple cider vinegar is not necessary.

<u>Here's a list of foods that aggravate reflux:</u>

- **Fruits: apples with peels; bananas; oranges, lemon, grapefruit, lime, pineapple, figs, coconut, strawberries, rhubarb**
- **chili powder, honey, spearmint, peppermint, hot spices, black pepper, ketchup, vinegars, cream, creamy sauces, gravy, salad dressing**

- **tomatoes, onions, broccoli, cabbage, brussel sprouts, cauliflower, turnips, cucumber,kale, corn, garlic**
- **beans, oatmeal, tofu in large quantities, pastries**
- **coffee, milk, tea, citrus juices, alcoholic drinks, caffeinated drunks, carbonated drunks, tomato juice**
- **chocolate, cheese, molasses, red meat, foods that have air such as cake & meringue, drinking with a straw, fatty fried or greasy foods, excessive fiber, high calorie foods.**

FOR BABIES

- **keep baby upright while eating and for 30 minutes after eating**
- **burp thoroughly**
- **avoid cigarette smoke around baby**
- **avoid tight diaper waistbands**
- **avoid car seats when the baby is reclined**

HERE'S A GENERAL PLAN TO FOLLOW:

For 2 days follow these rules strictly to help heal damaged tissue:

- **Eat only soft foods (no nuts, crackers, toast, cookies, popcorn, breakfast cereals, raw veggies); examples of what you can have are: soup, cooked vegetables, soft non-acid fruits, eggs, pasta without tomato sauce, puddings, yogurt, cooked rice, mashed potatoes, bread, cooked quinoa salad, macaroni salad.**
- **Avoid spicy foods**
- **Avoid acid type foods (eg tomatoes, grapefruit, oranges)**
- **If you are a smoker, stop for the 2 days**
- **No coffee, alcohol, beer, carbonated soft drinks.**
- **After every meal drink a tall glass of water to wash down your food.**
- **Take 1 tsp pure raw liquid honey any time you begin to feel the discomfort of heartburn of acid reflux.**
- **You can also take honey before bedtime which will help soothe your esophagus and allow you to heal as you sleep. (cannot be given to child under 2 years old)**
- **At the beginning of a meal drink 1 Tbsp apple cider vinegar with 1 tsp honey in a little warm water.**
- **At night before bedtime, chew a raw apple thoroughly (so it doesn't scratch the throat)**

Note: If you cannot take apple cider vinegar or honey, try aloe vera juice or gel.

REMEDIAL DIET TO HELP(do this as often as you need):

- **For 2-3 days eat soft foods to help heal the esophagus from any damage due to acid contact. That means no crackers, toast, popcorn, nuts, crunch foods.**
- **Chew the food thoroughly so help it get even softer.**
- **Avoid spicy foods and acidic foods (alcohol, beer, carbonated soft drinks, acid fruits, tomatoes)**
- **Avoid coffee and black tea completely**
- **Drink water 30 minutes after every meal which keeps gases and acid from coming up into the esophagus and causing pain.**
- **Every time you feel some discomfort take a teaspoon of raw honey. You can lick it off a spoon, or stir it into some water and drink it (honey is not given to infants or children under the age of 3)**
- **If this doesn't work for you then avoid it, but many people find the problem is not too much acid, but not enough. You can find out by taking 1/2-3/4 cup of water into which you have stirred 1 Tbsp apple cider vinegar and 1 tsp honey, drinking it before or with a**

meal – if it helps you are lacking stomach acid.

Step by step:

Day 1:

- **Upon waking, test pH**
- **Have a glass of water after the test**
- **Note how you feel, how you slept.**
- **Eat breakfast: steel cut oatmeal (in large pot, melt 1/2 Tbsp butter, add 1/2 cup oats, stir for 2 minutes to toast, then add 1 1/2 cups boiling water and reduce heat to a simmer. Keep at low simmer for 25 minutes without stirring. Combine 1/2 cup almond or rice milk with the oatmeal. Top with honey or pure maple syrup, more rice or almond milk and a sprinkle of cinnamon.**
- **A few minutes after eating, test the pH level again.**
- **30 minutes after eating have a glass of water or chew gum (whatever works best for you)**
- **In mid morning eat 1 sweet apple (eg gala, fuji, macintosh) then drink a glass of water**
- **For lunch you can try a whole grain pita stuffed with water packed tuna that you have drained, mixed with mayonnaise and a little diced cucumber, and some soft type lettuce like butter lettuce**
- **A few minutes after eating, test your pH**
- **30 minutes after eating have a glass of water or chew gum**
- **In the middle of the afternoon eat a banana or some small fruit that is non-acidic and soft. Then have a glass of water**
- **For dinner you can have some chicken pieces that you have softly sauteed with a little ground ginger, a splash of soy sauce, a bit of coconut oil, and some applesauce. Serve some soft rice.**
- **Go for a walk after dinner to help accelerate the digesting of the meal.**
- **No less than 4 hours before bedtime you can chew a handful of grapes (chew well), then have a glass of water.**
- **At bedtime test your pH, drink a glass of water. Sleep with your head raised to help the acid stay down where it belongs.**
- **If you sleep, try to sleep on the left side because the stomach is tilted the other way.**

Day 2

This is the same as day one except the meals:

- **Breakfast: apple cinnamon pancakes (mix 1 Tbsp butter, 1 Tbsp honey 2 eggs, 1 1/2 cup flour, 1 tsp baking powder, 1 cup finely diced or grated apples, 1 tsp cinnamon, and add rice or almond milk to make a nice batter for more than one person).**
- **Mid morning snack is a red delicious apple with a glass of water**
- **At noon can have 1 1/2 cups chicken noodle soup, and a half of a sandwich made with 1 slice whole grain wheat bread, cut in half , with 1 Tbsp mayo, 4 ox sliced chicken and soft lettuce).**
- **Mid afternoon is some yogurt, and glass of water**
- **Dinner might be pork chops with applesauce, cooked with sprinkle of ginger, soy sauce. Or a vegetable stir fry with carrots, peas, broccoli bits stir fried with some ginger, honey and soy sauce. Serve with rice cooked without salt or fat.**
- **Evening snack is a cucumber sliced with a little ranch dressing - at least 4 hr before bedtime.**
- **Keep everything else the same - taking the pH, drinking the water, doing an evening walk.**

Day 3

- **Same routine but the meals change:**
- **Breakfast: smoothie (1/2 cup plain yogurt, 1 cup fresh strawberries or blueberries, 1/2 cup mango juice, 1/2 banana,**
- **2 tsp flaxseed oil or coconut oil - blended smooth). and of course the glass of water after.**
- **Mid Morning Snack is a small apple, water**
- **Lunch is a pits stuffed with chicken salad, and a few sliced grapes**
- **Mid afternoon snack is a small pear**
- **Dinner is 1 skinless baked chicken breast, 1/2 cup small broccoli florets that have been steamed. Use coconut oil when needed.**
- **Evening Snack: a serving of yogurt and peaches blended with a little low fat cottage cheese and honey**

It is good to document the above on a daily basis so you can see your progress.
Find out your triggers (things that make the problem flare up).
What foods you can't eat and foods you want to eat.
Find out what natural remedies work if you do flare up (eg. eating an apple)
What lifestyle changes you need to make.

How do you know what triggers you or which foods to avoid? After doing the 3 days, try eating any of these potential triggers and see what happens:

- **Eat large meals**
- **Eat a few spicy meals**
- **Eat some of the foods given on foods to avoid list**
- **Try vigorous exercise or weight lifting**
- **Avoid eating apples**
- **Eat a cold cereal for breakfast**
- **Drink water, pip or whatever during meals**
- **Sleep laying down flat instead of inclined.**

ONE THING YOU SHOULD BE AWARE OF: STRESS MAKES ALL CONDITIONS WORSE SO WORK ON ELIMINATING STRESSFUL CONDITIONS IN YOUR LIFE.

- **Here is a list of the most common foods people find they need to avoid:**
- **Fruit: orange juice, lemon, lemonade, grapefruit juice, cranberry juice, tomato**
- **Vegetables: french fries, raw onion, mashed potatoes, brussel sprouts, peppers of all kinds**
- **Meats: ground beef, marbled sirloin, chicken nuggets, buffalo wings**
- **Dairy: sour cream, milk, milk shake, ice cream, regular cottage cheese.**
- **Grains: pastas, croutons, spaghetti with sauce**
- **Beverages: liquor, wine, coffee (regular or decaf), tea (regular or decaf), soda pop**
- **Fats/Sweets: salad dressing, vinegar or creamy type, high fat cookies, brownies, chocolate, doughnuts, corn chips, potato chips**
- **Some people find they can't eat any dairy and/or wheat products.**

Here is a list of the foods most people can tolerate:

- **Fruit: sweet apple (red delicious, gala, fuji), dried apples, apple juice, bananas**
- **Vegetables: baked potato, broccoli, cabbage, carrots, green beans, peas**
- **Meats: very lean ground beef, london broil steak, skinless chicken breast, egg whites, egg substitute, fish with no added fat**

- **Grains: multi grain or white bread, cereal (bran or oatmeal), cornbread, graham crackers, pretzels, brown or white rice, rice cakes**
- **Dairy: feta or goat cheese, low fat cottage cheese, fat free cream cheese, fat free sour cream, low fat soy cheese**
- **Miscellaneous: organic honey, organic apple cider vinegar, pectin, aloe vera juice, baking soda, ginger**