HEARTBURN

1. **Eat very small meals. Chew very well. Drink liquids with your meals to avoid gulping down dry foods. Liquids and watery foods usually go down easier.**
2. **If stressed, deal with that area as the most important.**
3. **Take 1 tablespoon apple cider vinegar and 1 teaspoon honey in 1/2 cup water about 15 minutes before eating.**
4. **Do not eat for at least 3 hours before bedtime.**
5. **Sleep with head elevated.**
6. **Avoid any time eating fatty or fried foods.**
7. **Do juice fasting for a week to let the area heal.**
8. **At the first sign, drink a large glass of water.**
9. **Juice raw potato, dilute by equal amount of water. Drink right away 3 times a day.**
10. **Avoid overeating, eating greasy or fast foods.**
11. **Take digestive enzyme with meals.**
12. **Lying on left side can often help.**
13. **Most antacids contain aluminum. Take calcium carbonate which does not contain aluminum.**
14. **Best herbs: marshmallow root, slippery elm, fenugreek, deglycerized licorice root**
15. **Make super gut yogurt – see information handout to help you. If you can't stand to eat yogurt, order L Reuteri probiotic online and include it in your health regime.**