

COPING · WITH

HEARTBURN & REFLUX

If you are one of the millions of people who suffer from reflux, there are things you can do to improve your health and enhance your quality of life

- 1.** Watch your weight



- 5.** Don't exercise too soon after eating

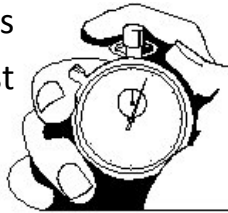


- 2.** Quit smoking



- 6.** Avoid foods that bother you. This may include spicy, acidic, tomato-based or fatty foods like chocolate, citrus fruits, and fruit juices.

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



- 7.** Limit your intake of caffeine, coffee, tea, sodas, and alcohol



- 4.** Elevate the head of your bed.



- 8.** Don't gorge yourself at meal time. Eat moderate amounts of food.



731 Alexander Road Suite 100 Princeton NJ 08540
(609)924-1422
prinetongi.com