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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.



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