Tips For Managing GERD
(GastroEsophageal Reflux Disorder)

1. Decrease Reflux!
   • Eat small, frequent meals.
   • Avoid evening snacks and late night meals.
   • Don’t lie down for 2-3 hours after eating.
   • Avoid tight-fitting clothes.
   • Elevate head of bed 4-8 inches when sleeping.

2. Minimize Foods That Allow the Lower Esophageal Sphincter Muscle To Open:
   • Fat (Aim for < 45 grams of fat per day.)
   • Alcohol
   • Carminatives (peppermint and spearmint)

3. Don’t Smoke!
   • Nicotine relaxes the lower esophageal sphincter muscle and allows it to open.
   • Smoking decreases the secretion of bicarbonate (an acid buffer).

4. Avoid Foods That Stimulate Gastric Acid Secretion:
   • Coffee
   • Fermented alcoholic beverages (beer and wine)
   • Chocolate
   • Caffeine
   • Large meals, especially those high in protein.

5. During Inflamed States, Avoid Acidic and Spicy Foods, Which Irritate the Esophagus:
   • Citrus fruit and juices
   • Tomatoes
   • Soft drinks
   • Spices (red/black pepper and large amounts of chili powder)
   • Alcohol -- all kinds cause superficial mucosal damage.