

Baritz Wellness Center, P.C.

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Acid Reflux, The Program (part 2)

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Simple lifestyle changes have made big differences for many people who suffer with acid reflux. No one step helps everyone. I encourage you to try these and see which help you.

Reduce stomach distress by simplifying the work of digestion

Each class of food requires a specific stomach environment of optimal digestion. For example pepsin and increased HCL is necessary for protein digestion, while starches require amylase and less HCL. Fats need to be treated with HCL and bile. Proper food combining allows the stomach to work more efficiently, by addressing similar foods at each meal. The basic rule is that starches and proteins do not go together. Vegetables go with everything and fruit should be eaten alone. A sticking point is to stop combining protein with starch and bread. Most people will feel better and lose some weight if they reduce their bread intake and especially stop eating bread with protein.

Rules for food combining

1. Combine protein (meat, fish, eggs, dairy & beans) with vegetables, but not starch.
2. Combine starch (bread, pasta, potatoes & rice) with vegetables, but not protein.
3. Fruit should be eaten alone.

Elevate the head of your bed about 30 degrees from the waist up

If you experience symptoms at night elevate your head to reduce reflux, there are several ways to accomplish this.

- Use a foam wedge, which can be purchased at a medical supply distributor. A 12-inch wedge provides an elevation of approximately 30 degrees.
- Get an adjustable bed. This can allow you to elevate your head and legs to their most comfortable position.
- Sleep on a recliner. This is similar to sleeping on an adjustable bed.
- Stuff rolled up blankets underneath the head of your mattress to create an incline plane from the waist up. The head of the mattress should be about 12 inches from the box spring and slope down to be level at the hips.
- Place blocks underneath the top legs of the bed frame, elevating the bed about 10-degrees. This is the easiest way to elevate the bed for children. The elevation is less to prevent excessive foot swelling, and sliding down the bed.

Additional steps which may help

- Avoid foods that trigger reflux like: alcohol, spicy, fatty or acidic foods.
- Avoid lying down or bending over shortly after eating.
- Eating smaller and more frequent meals.
- Avoid eating too close to bedtime.
- Losing weight if needed.
- Wearing loose-fitting clothes to reduce pressure on your abdomen.
- It is known that smoking and certain medications including some antidepressants and anti-anxiety drugs can trigger episodes of acid reflux.

To have a custom program created for you or for a free consult call 508 583-2565

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