

Acid Reflux Supplement Considerations



GastroAid®

Supports stomach lining integrity and helps balance stomach acid and enzyme levels to reduce reflux symptoms and discomfort. It contains soothing botanicals that reduce inflammation.



Gut Works®

Supports gut microbiome health and digestion, reducing inflammation and improving gut barrier function, which is essential for acid reflux management.



Debloat & Detox

Helps eliminate bloating, supports liver function, and assists in reducing toxin buildup that may contribute to digestive issues and acid reflux.



Vegan Omega 3

Reduces inflammation in the gut and oesophagus, supporting overall digestive function and reducing symptoms associated with acid reflux.



Curcumin & Turmeric

Reduces systemic inflammation, including in the oesophagus.¹

Dietary Considerations

+ Small frequent meals

Eating smaller meals throughout the day prevents overloading of the stomach and reduces reflux episodes.

+ Hydration

Adequate water intake and herbal teas like ginger or chamomile can soothe the digestive system and reduce acid reflux flare-ups. Only drink in between meals.

+ Healthy fats and Omega 3 fatty acids

Reduces inflammation in the oesophagus.

+ Avoid food 3 hours before bed

Having your last meal at least 3 hours before bed allows time for food to fully pass through the stomach before lying down.

+ Reduce processed foods and sugar

Highly processed foods can disrupt gut bacteria balance and contribute to inflammation, worsening acid reflux symptoms.

+ Increase fibre intake

Fibre helps with digestion and promotes gut motility, preventing pressure buildup on the stomach.

+ Limit and identify trigger foods

Spicy foods, caffeine, alcohol and high-fat meals can relax the lower oesophageal sphincter, increasing acid reflux risk.

Lifestyle Considerations

+ Stress management

Chronic stress can decrease digestive function which may worsen reflux. Techniques such as meditation, yoga and deep breathing can help.²

+ Quit smoking and reduce alcohol consumption

Smoking weakens the lower oesophageal sphincter, making it easier for stomach acid to flow back into the oesophagus. Alcohol can have a similar effect.³

+ Sleep hygiene

Poor sleep and lying down too soon after eating can worsen acid reflux. Elevating the head of the bed and maintaining a consistent sleep schedule can be beneficial.

+ Weight management

Maintaining a healthy weight reduces the risk of pressure on the stomach; even a small reduction in weight can help.

Testing Considerations

TEST	MARKER	RATIONALE
Gastric pH test	Stomach acid levels	Determines if hypochlorhydria (low stomach acid) or hyperacidity is contributing to reflux symptoms.
H. pylori test	Breath test Stool test	Identifies bacterial infection that can contribute to acid reflux and gastritis.
Oesophageal pH monitoring	Acid exposure in oesophagus	Measures acid reflux severity and frequency.
Food sensitivity testing	IgG-mediated food intolerances	Identifies foods that may be contributing to inflammation and acid reflux symptoms. By incorporating these supplements, dietary guidelines and lifestyle modifications, individuals struggling with acid reflux can experience relief and improve their overall digestive health.
Endoscopy	Oesophageal inflammation ulcers Barrett's Oesophagus	Assesses damage from acid reflux and rules out complications.

REFERENCES

1. Int J Mol Sci. 2019 Mar 24;20(6):1477

2. Chronic stress can decrease digestive function which can worsen reflux.

3. J Zhejiang Univ Sci B. 2010 Jun;11(6):423–428