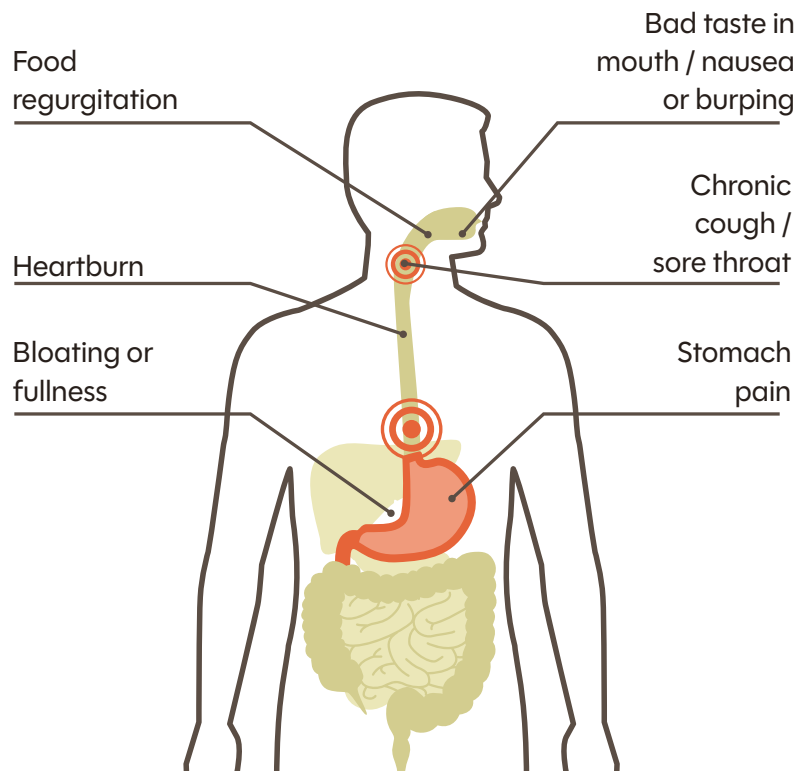


Managing acid reflux naturally

Acid reflux occurs when stomach acid flows back into the oesophagus, causing discomfort, heartburn, and bloating. Occasional reflux is normal, but frequent symptoms may indicate Gastro-oesophageal Reflux Disease (GORD).

Common symptoms



Top triggers to watch out for

Foods and drinks

Spicy foods

Citrus fruits e.g. oranges, lemons

Coffee, tea, and fizzy drinks

Tomatoes and tomato-based products

Chocolate

Fatty or fried foods

Alcohol

Lifestyle factors

Overeating

Lying down immediately after meals

Smoking

Excess weight (especially around the abdomen)

Tips to reduce reflux

ADJUST YOUR DIET

- + Eat smaller, more frequent meals instead of large portions.
- + Limit trigger foods – keep a food diary to identify personal triggers.
- + Increase fibre with vegetables, whole grains, and fruits (except citrus).
- + Drink plenty of water, but avoid drinking large amounts with meals.

CHANGE HOW YOU EAT

- + Eat slowly and chew thoroughly.
- + Finish meals at least 2-3 hours before lying down or going to bed.

LIFESTYLE TWEAKS

- + Maintain a healthy weight – Even slight weight loss can help.
- + Sleep smart – Raise the head of your bed by 6-8 inches to prevent night-time reflux.
- + Wear loose clothing – Tight clothing around the stomach can worsen symptoms.
- + Quit smoking – Smoking weakens the lower oesophageal sphincter (LOS).

Gentle remedies to support digestive health

Amla (Indian Gooseberry)	A natural anti-inflammatory that soothes the oesophagus and supports acid balance.
Caraway Seed	Helps reduce bloating and spasms that can worsen reflux.
Chamomile Tea	Reduces inflammation and calms the digestive tract.
Artichoke Leaf Extract	Promotes healthy digestion and reduces stomach bloating.
Fennel Seeds	Chewing Fennel Seeds after meals can aid digestion and ease bloating.

Supplements to consider (consult your practitioner first)

1. Digestive Enzymes – Aid in breaking down food and improve digestion.
2. Probiotics – Support gut health and balance stomach bacteria.
3. Betaine HCl – Helps improve stomach acid levels (for low acid-related reflux).

When to seek medical help

If the following is experienced:

Persistent heartburn (more than twice a week)

Difficulty swallowing

Chest pain

Unexplained weight loss

Severe regurgitation