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## **Coping with Heartburn and Reflux**

If you are one of the millions of people who suffer from heartburn, the most common symptom of reflux, there are measures you can take to improve your health and your lifestyle.

In order to relieve symptoms of heartburn and reflux, try these tips:

- Avoid spicy, acidic, tomato-based or fatty foods like chocolate, tomatoes, citrus fruits and juices.
- Limit your intake of coffee, tea, alcohol and colas.
- Have meals at least 3 to 4 hours before lying down.
- Don't gorge yourself at mealtime. Eat slowly and chew your food well.
- Don't exercise too soon after eating.
- Watch your weight – being overweight increases the intra-abdominal pressure, which can aggravate reflux.
- Stop, or at least reduce smoking.
- Elevate the head of your bed.

Make sure to see your doctor if you are taking antacids three or more times per week.