

Heartburn is usually caused by a condition called GERD (gastroesophageal reflux disease) which results from acid from the stomach flowing back up into the esophagus. The classic symptom of "heartburn" is a burning discomfort in the chest, but a variety of other symptoms may exist - nausea, burping, abdominal pain, vomiting or chronic cough.

Lifestyle Changes to Help your GERD :

- Stop smoking
- Eat smaller, more frequent meals
- Avoid eating 2 hours before bedtime
- Drink lots of fluid
- Try to lose some weight
- Avoid lying down immediately after a meal
- Eat slowly
- Reduce stress

Foods to Avoid if you have GERD

- Alcohol
- Smoking
- Citrus
- Tomatoes, tomato products
- Chocolate
- Tea/Coffee = anything with caffeine
- Carbonated drinks
- High fat foods
- Deep fried foods
- Acidic foods (pickles, sauces and vinegar)
- Peppermint
- Spices
- Garlic
- Onions