

MANAGEMENT OF ACIDITY/ ACID REFLUX/ GASTRO-OESOPHAGEAL REFLUX

The following modification in food and lifestyle can alleviate the problems of GERD.

- **Eat your meals on time.**
- Do not delay taking breakfast- it is the most important meal of the day.
- Take a good breakfast.
- If you are used to morning tea/ coffee, take them with few biscuits.
- Ensure you are taking your lunch on time.
- Your dinner should be early. Ensure there's an interval of 2-3 hours between your dinner and bedtime. This helps in reducing heartburns at night and keeps you fit.
- **Early to bed and early to rise** makes one healthy wealthy and wise- follow this to the T.
- Do not **sleep** after lunch. It slows down digestion and predisposes to acidity.
- **Do not drink water immediately after meal.** Give a gap of 1/2 hr- 1 hr. If you are thirsty take water prior to meal preferably with some gap.
- If you suffer heartburns at night- sleep slightly propped up. It will reduce regurgitation, itchy throat and coughing spells.
- Chew your food thoroughly before gulping.
- Do not take more than 2 cups of tea/ coffee in a day. **Avoid smoking, alcohol, too much spicy food and rich food.** Indulgences should be treats and not a routine. Do not abuse your system.

Following these easy steps would reduce the acidity symptoms to a great extent.