



# GERD

## WHAT IS GERD?

Gastroesophageal reflux disease (GERD) occurs when stomach acid frequently flows back into the tube connecting your mouth and stomach (esophagus). This backwash (acid reflux) can irritate the lining of your esophagus.

## GETTING TO THE ROOT OF GERD

Lifestyle factors such as poor diet, high stress, smoking, nutrient insufficiencies, and eating habits are the main causes of GERD. Knowing what leads to GERD can help you find relief from uncomfortable symptoms and support a healthy digestive system which is vital to overall health.

### AVOID/ REDUCE THESE FOODS

- **Citrus** (lemon, lime, orange, grapefruit)
- **Spicy Foods** (chilies, hot sauce, spicy dishes)
- **Fried/Oiley Foods** (fries, chips, fried chicken)
- **Tomatoes** (ketchup, pasta sauce, BBQ, salsa)
- **Carbonated drinks** (soda, mineral water)
- **Alcohol** (beer, wine, seltzers, liquor)
- **Processed foods** (fast food, frozen meals, snack foods, artificial colors, preservatives)
- **Sugar** (sweet drinks, pastries, ice cream, sweetened yogurt and oatmeal, artificial sugar)
- **White flour** (bread, pasta, flour tortilla, pastries)
- **Coffee**
- **Peppermint**

### THERAPEUTIC FOODS

- **Apple Cider Vinegar** (mix 1 tsp in 1 cup water before meals)
- **Aloe Vera juice**
- **Bone broth-based soups** (make soup/broth with chicken/beef bones and cook for several hours!)
- **Bitter foods:** arugula, kale, spinach, dandelion and mustard greens, ginger, turmeric
- **Magnesium-rich foods:** avocado, pumpkin seeds, chia seeds, nuts, beans, plain yogurt, leafy greens
- **Zinc-rich foods:** oysters, pumpkin seeds, beans, tofu, poultry, fish, beef
- **Fermented foods:** plain yogurt, kefir, kimchi, sauerkraut

## LIFESTYLE HABITS



Avoid laying down after eating, instead go on a short walk.



Finish eating 2-3hrs before bed time.



Eat slowly and chew well. Take a few deep breaths before meals.



Avoid eating when already full or overeating.