

The background of the entire page is a photograph of a woman's face and upper torso. She is wearing a dark blue spaghetti-strap top. Overlaid on her torso is a large, semi-transparent graphic of a human stomach. The stomach is depicted with a bright orange and yellow flame-like effect, suggesting a burning sensation. A hand is shown pressing against the upper right side of the stomach. The text is overlaid on a dark blue curved banner at the top.

STOP THE BURNING & PAIN

ACID REFLUX RELIEF

Symptoms, Causes & Remedies

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ACID REFLUX RELIEF

STOP THE BURNING & PAIN TODAY

Welcome to this guide on acid reflux. If you're someone who experiences heartburn, indigestion, or the uncomfortable burning sensation in your chest after meals, you're not alone.

Acid reflux is a common digestive issue that affects millions of people worldwide.

The good news? There are steps you can take to reduce symptoms and improve your digestive health naturally.

In the following pages, you'll discover:

- A check list of both common and not so common symptoms that signal you have acid reflux
- Factors that contribute to why you have acid reflux
- Foods you need to avoid or limit to help avoid acid reflux
- Natural strategies to soothe and prevent acid reflux

Before we dive into the details, let me introduce myself and share a little bit about why I'm passionate about helping people like you feel better.

Hi! I'm Paula, a certified nutritionist specializing in digestive health, gut health, autoimmune conditions, and food intolerances. Through my practice, in Otago, New Zealand, I've had the privilege of helping clients both locally and across the country regain control over their health through personalized nutrition strategies.

My passion for nutrition began when I experienced my own journey with digestive issues, learning firsthand how much our diet affects the way we feel and function. This experience drove me to dive deeper into the science of nutrition and develop an approach that addresses the root causes of health concerns, rather than just treating symptoms.

With a focus on real, nourishing foods and a holistic approach to well-being, I work with clients to support their digestive systems and create lasting results. Whether you're struggling with a fussy belly, unpredictable bowels, or an out-of-sync body, I'm here to guide you toward better health—one meal at a time.

Through this eBook, I hope to share valuable insights into managing acid reflux so you can enjoy food without discomfort and live your life to the fullest.





ACID REFLUX

SYMPTOM CHECKLIST

Acid reflux can manifest in many different ways, and not everyone experiences the same symptoms. Identifying these symptoms early can help you manage the condition more effectively.

Common Symptoms of Acid Reflux:

- ☐ Heartburn – A burning sensation in the chest, typically after eating, that may worsen when lying down
- ☐ Regurgitation – A sour or bitter-tasting acid backing up into the throat or mouth
- ☐ Difficulty Swallowing (Dysphagia) – Feeling like food is getting stuck in the throat or chest
- ☐ Chronic Cough – Especially at night or after meals
- ☐ Hoarseness or Sore Throat – Frequent throat clearing or voice changes, often in the morning
- ☐ Sensation of a Lump in the Throat – A persistent feeling of a lump in the throat, even without food
- ☐ Nausea – Feeling queasy or sick to the stomach, especially after eating
- ☐ Bloating – Swelling or a feeling of fullness in the stomach area after meals
- ☐ Burping – Frequent belching, particularly after eating or drinking
- ☐ Bad Breath – Persistent foul-smelling breath, often due to regurgitated stomach acid



ACID REFLUX

SYMPTOM CHECKLIST

Less Common or Severe Symptoms:

- ☐ Chest Pain – Sharp or burning pain in the chest, sometimes mimicking the symptoms of a heart attack
- ☐ Unexplained Weight Loss – Unintentional loss of weight, often due to difficulty swallowing or eating
- ☐ Chronic Hiccups – Persistent or frequent hiccups that do not go away easily.
- ☐ Asthma-like Symptoms – Worsening asthma or shortness of breath, particularly at night
- ☐ Erosion of Tooth Enamel – Caused by stomach acid coming into contact with teeth

Now that you've completed the checklist, how did you do?

If you've noticed that many of these symptoms apply to you, don't worry—there are steps you can take to feel better.



ACID REFLUX

COMMON FACTORS THAT CONTRIBUTE TO THE DEVELOPMENT OF ACID REFLUX:

Acid reflux is a condition with various underlying causes that can affect the function of your digestive system.

Weakened Lower Esophageal Sphincter (LES)

The Lower Esophageal Sphincter (LES) plays a vital role in preventing stomach acid from moving back up into the esophagus. A properly functioning LES opens to allow food and liquid into the stomach and then closes tightly to keep stomach contents from refluxing. However, when the LES becomes weak or relaxes inappropriately, it can fail to close fully, allowing acid to escape. This malfunction is a major trigger for acid reflux and can be caused by certain foods, medications, or lifestyle factors, as well as conditions like obesity and pregnancy, which increase abdominal pressure.

Low Stomach Acid (Hypochlorhydria)

Contrary to what many believe, low stomach acid is often a significant contributor to acid reflux. Adequate stomach acid is essential for proper digestion, especially in breaking down proteins and absorbing nutrients. When stomach acid levels are too low, digestion slows down, causing pressure to build up in the stomach. This pressure can force acid back into the esophagus, leading to reflux. Low stomach acid can also increase the risk of bacterial overgrowth, further exacerbating digestive discomfort and reflux symptoms.

Hiatal Hernia

A hiatal hernia occurs when part of the stomach pushes up through the diaphragm into the chest cavity, which can compromise the function of the LES. This condition weakens the barrier that separates the stomach from the esophagus, making it easier for acid to reflux. While not everyone with a hiatal hernia experiences acid reflux, it is a common contributing factor, particularly in people with severe or chronic reflux.

Helicobacter Pylori (H. pylori) Infection

Helicobacter pylori is a type of bacteria that can infect the stomach and disrupt its protective lining. This infection is associated with various digestive problems, including acid reflux, as it alters acid production and weakens the stomach's defenses. H. pylori infection can lead to chronic inflammation, stomach ulcers, and in some cases, contribute to the development of conditions like GERD (Gastroesophageal Reflux Disease). Treating this infection can be an important step in managing reflux symptoms.

Addressing nutrient deficiencies like zinc, magnesium and B12 through a balanced diet or supplementation can also help improve digestion, support stomach acid production, and reduce reflux symptoms.

By identifying the root causes of acid reflux, you can take a more personalized approach to managing and preventing symptoms. For many people, a combination of lifestyle changes, dietary adjustments, and proper nutrient support can significantly reduce acid reflux and improve overall digestive health.



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ACID REFLUX

FOODS & DRINKS TO AVOID

If you're prone to acid reflux, it might be helpful to minimize or avoid these foods, especially in large quantities or close to bedtime.

TOMATO-BASED PRODUCTS

Why to Avoid: Tomatoes are naturally acidic, making them a frequent cause of reflux symptoms.

Tip: Opt for alternatives like pesto or non-tomato-based sauces.

SPICY FOODS

Why to Avoid: Spices can irritate the digestive tract and worsen acid reflux symptoms.

Tip: Use milder seasonings like herbs, ginger, or turmeric, which are gentler on the stomach.

CITRUS FRUITS & FRUIT JUICES

Why to Avoid: Citrus fruits are highly acidic, which can irritate the esophagus and trigger acid reflux.

Tip: Consider switching to non-citrus fruits like bananas, melons, or apples.

CHOCOLATE

Why to Avoid: Chocolate contains caffeine and theobromine, both of which can relax the lower esophageal sphincter (LES), allowing acid to escape into the esophagus.

Tip: Dark chocolate in small amounts may be less triggering, but it's best to avoid chocolate altogether if you notice symptoms.



ACID REFLUX

FOODS & DRINKS TO AVOID



ALCOHOL

Why to Avoid: Alcohol can relax the esophageal sphincter and increase stomach acid production, leading to reflux.

Tip: Limit alcohol consumption, and if you do drink, choose non-acidic options like clear spirits mixed with water.

PEPPERMINT & SPEARMINT

Why to Avoid: These mints can relax the LES, exacerbating reflux.

Tip: Opt for ginger tea or chamomile, which are soothing and unlikely to trigger symptoms.

CARBONATED DRINKS

Why to Avoid: The bubbles in carbonated beverages can cause bloating and increase pressure on the stomach.

Tip: Stick to still water, herbal teas, or non-citrus flavored waters.

ONIONS AND GARLIC

Why to Avoid: Onions and garlic can irritate the stomach lining and relax the LES.

Tip: Cook onions and garlic well or use alternatives like shallots or chives.

FRIED AND FATTY FOODS

Why to Avoid: High-fat foods slow digestion, which can increase the risk of acid reflux.

Tip: Grill, bake, or steam your foods instead of frying them.

CAFFEINE

Why to Avoid: Caffeine can relax the LES, making it easier for stomach acid to back up into the esophagus.

Tip: Switch to caffeine-free herbal teas, decaf coffee, or hot water with ginger.



ACID REFLUX

STRATEGIES TO HELP SOOTHE ACID REFLUX

Here are 6 simple strategies to help soothe acid reflux and help keep discomfort at bay:

Eat Smaller, More Frequent Meals

Large meals can increase stomach pressure and trigger reflux. Instead, try eating smaller portions more often to keep acid production in check.

Consider Digestive Enzymes

Digestive enzymes help break down food more efficiently, which can reduce digestive discomfort and reflux symptoms. Add enzyme-rich foods like pineapple and papaya to your diet for extra support.

Eat Mindfully

Practice mindful eating by slowing down and chewing food thoroughly. This helps aid digestion and reduces the risk of reflux after meals.

Stay Hydrated

Drinking water throughout the day is important, but avoid large amounts during meals to prevent increased stomach pressure. Keep sipping between meals to support digestion.

Elevate and Side-Sleep to Prevent Nighttime Reflux

If nighttime reflux is a problem, try elevating the head of your bed or using a wedge pillow. Gravity can help keep acid where it belongs – in your stomach.

Sleeping on your left side can also be helpful! This position keeps the stomach below the esophagus, reducing the likelihood of acid flowing upward and causing discomfort.

Don't Lie Down Right After Eating:

Give your body time to digest before lying down. Try taking a gentle walk after meals to help move things along and prevent reflux.





ACID REFLUX

RELIEF REMEDIES

GINGER TEA FOR SOOTHING ACID REFLUX

Ginger is well known for its anti-inflammatory properties and can be a great natural remedy to help soothe acid reflux. It aids digestion and can calm the stomach, reducing symptoms like heartburn and nausea.

GINGER TEA RECIPE

Ingredients:

1 to 2 inches of fresh ginger root, thinly sliced
2 cups of water
1 teaspoon of honey (optional)
A squeeze of fresh lemon juice (optional)

Instructions:

In a small pot, bring 2 cups of water to a boil.
Add the sliced ginger root to the water and reduce the heat to low.
Let the ginger simmer for about 10 minutes to fully release its beneficial properties.
Remove from heat, strain the tea into a cup, and let it cool for a minute.
Optional: Add honey for sweetness or a little lemon juice for flavor (be cautious with lemon as it may trigger acid reflux for some people).

How to Use:

Sip this soothing ginger tea 30 minutes before or after meals to help calm acid reflux and improve digestion.

Why It Works:

Ginger helps neutralize stomach acid, promotes the smooth movement of food through the digestive tract, and reduces the likelihood of acid flowing back up into the esophagus.

Try incorporating this tea into your daily routine to manage acid reflux naturally!





ACID REFLUX

RELIEF REMEDIES

COLD SLIPPERY ELM DRINK

Ingredients:

1 tablespoon slippery elm powder
1 cup cold water

Instructions:

Combine Ingredients: In a glass or jar, add the slippery elm powder and cold water.
Mix Thoroughly: Stir the mixture well until the slippery elm powder is fully dissolved. You can use a whisk or a blender to achieve a smooth consistency.

Drink Slowly: Enjoy your cold slippery elm drink, sipping slowly to help soothe acid reflux symptoms.

Tips:

- **Serving Size:** You can enjoy this drink 1–3 times a day, especially before meals.
- **Storage:** It's best to prepare this drink fresh each time for optimal benefits, but if needed, it can be stored in the refrigerator for up to 24 hours. Be sure to shake or stir well before drinking.

Important Note:

If you are taking medications, consume slippery elm 1 hour before or 1 hour after your medication, as it may inhibit absorption.



Thank you for taking the time to explore the insights and strategies outlined in this eBook on managing acid reflux. Understanding your body's signals and making informed dietary choices can significantly improve your digestive health and overall well-being.

Remember, everyone's journey to health is unique. The tips and techniques discussed here are designed to empower you to take control of your health and find relief from acid reflux symptoms.

If you're ready to take the next step toward better digestive health, consider reaching out for personalized guidance. Together, we can create a tailored nutrition plan that addresses your specific needs and goals.

☎ Got questions or need support?

Book a Clarity Call today!

Let's discuss how we can work together to optimize your health and find lasting relief from acid reflux.

Your journey to better health starts here.

<https://www.paulagrubbnutrition.com/requestanappointment>

