

# GERD Lifestyle Modifications

Lifestyle habits can sabotage your digestion. They trigger GERD. Good habits assure healthy digestion. All of us set financial and career goals; please consider setting health and wellness goals. As we have seen in the last few years, if we don't have our health, all the power and money in the world can't help us enjoy the things we value the most in life. Try to make as many of the changes below as possible, and if you need help with these goals, let's sit down and work out a plan for your success.

- 1. Healthy weight.** Several studies have shown that being overweight can trigger GERD.
- 2. Quit smoking.**
- 3. Reduce stress. It dramatically reduces your ability to digest food.** When we are young, we have sufficient stomach acid to digest food. As we age, our ability to digest food diminishes so we have to eat food in a relaxed state, chewing our food to a liquid. As we age, ongoing digestive aids may be necessary.
- 4. Elevate the head off the bed.**
- 5. Avoid trigger foods.** Trigger foods include: alcohol, caffeine, chocolate, citrus foods, fried foods, garlic, onions, mint, spicy foods, carbonated beverages, tomatoes, and tomato-based products.
- 6. Keep a food diary to track gastric episodes.**
- 7. Avoid meals at least 3 hours before bedtime.**
- 8. Many researchers believe the source of GERD is too little HCL, not too much.** So, we want to optimize stomach acid but not until the stomach is healed. Consider ginger and apple cider vinegar and a low dose HCL product like HCL Plus after 30 days. Always take digestive aids in the middle of the meal. If it causes burning, stop and continue with your wellness clinicians' recommendations for another 30 days.
- 9. For resistive cases consider food allergy testing.** Any food you are sensitive to can cause digestive distress and inflammation.
- 10. Eat organic whenever possible.** Pesticides and herbicides like Round-Up are sprayed on many foods to dry them while they are in the field. They kill our healthy bacteria, which help us digest our food and block many enzyme systems needed for healthy digestion.
- 11. Time restricted eating.** It sounds difficult, but by giving your digestive system a rest, it can use the energy needed to digest food to heal the gastrointestinal tract and replenish enzymes.