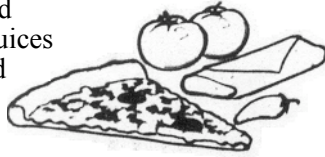


# COPING WITH DIGESTIVE PROBLEMS

If you are one of the millions of people who suffer from acid-related gastrointestinal discomfort, there are things you can do to improve your health and enhance the quality of your life.

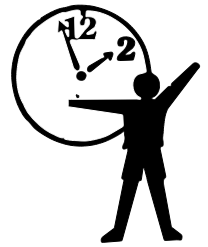
1

Avoid spicy, acidic, and tomato-based foods like fruit juices and Mexican and Italian food and pizza.



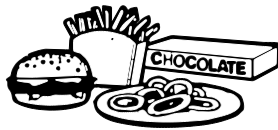
6

Don't exercise too soon after eating.



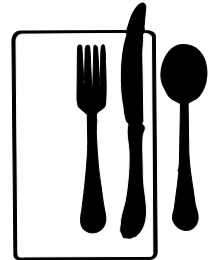
2

Avoid fried-food greasy and fatty foods and Chocolate in any.



7

Avoid bedtime snacks and eat meals at **least 3 to 4 hours** before lying down.



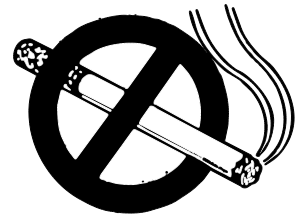
3

Limit your intake of caffeine in coffee, tea, alcohol, and cola. Limit carbonated drinks.



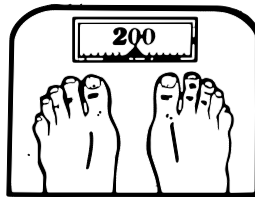
8

Stop (or at least cut down on) smoking.



4

Watch your weight. (Being overweight increases pressure in the abdominal area, which can aggravate reflux.)



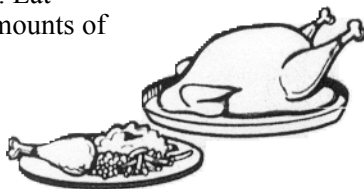
9

Elevate the head of your bed 6 inches with wooden blocks. *Don't* elevate your head by using extra pillows; this can increase abdominal pressure.



5

Don't gorge yourself at mealtime. Eat moderate amounts of food.



10

See your physician if you are taking antacids three or more times a week.

