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## **Tips for managing & eliminating Acid Reflux**

Acid reflux is most commonly caused by weakening or relaxation of the lower esophageal sphincter or a hiatal hernia (when the top of the stomach pushes up through the diaphragm). Pregnancy and excess weight can also push up and put extra pressure on the stomach causing reflux.

### ***First and foremost, hone your eating habit awareness skills:***

#### How you eat (standing / too fast / on the go)

Eating too fast can cause the stomach to get filled up quickly. This can either put direct pressure on the already compromised esophageal sphincter causing reflux and/or this pressure can cause a message to be sent to the brain asking for the sphincter to relax and allow more room. Once again, allowing reflux. Hurried eating can also compromise the production of enzymes used to breakdown food. This can slow the digestive process, cause food to sit in the stomach longer and create back up as well.

#### What you eat

Common trigger foods for acid reflux are: high fat/greasy, high protein, alcohol, caffeinated foods/beverages, citrus, mint teas.

#### *The morale of the story...*

- *Sit and slow down when you eat.*
- *Digestion begins in the mouth with saliva, so chew your food a little longer.*
- *Eat smaller meals more often throughout the day.*
- *Be cautious not to drink copious fluids with a meal to prevent your stomach from getting too full too fast.*
- *Moderate your intake of high fat, high protein, greasy and spicy foods. When having a higher protein meal be extra conscious of other strategies that you can employ to decrease your risk of triggering reflux.*

### **Healing esophageal tissue**

• Aloe Vera Juice – 4-8oz./day, taken on an empty stomach, often in the AM. Can be mixed with apple or white grape juice to cut the “unique” flavor. Take regularly until all symptoms stop. Continue periodically to proactively protect esophageal tissue. Caution, too much aloe vera can cause diarrhea and is not recommended during pregnancy.

### **Supporting good gut health and digestive efficiency**

- Replacing/building good gut flora – Probiolardi creates an environment for probiotics to successfully colonize (2 weeks). Probiotics support digestive health and a strong immunity (1 month). Recommended Brands: Metagenics, Integrative Therapeutics, Jarro, Seroyal. Dose according to bottle or as per your providers recommendation.
- Digestive enzymes – taken before a meal to promote digestive efficiency. Recommended Brand: Pure. Dose according to bottle or as per your providers recommendation. Papayas and pineapple contain natural digestive enzymes.

- DGL (deglycyrrhizinated licorice extract)– protective of mucosal lining of digestive tract. Thought to be able to kill *heliobacter pylori* which can cause ulcers. Safe to use with pre-existing high blood pressure.

#### **Other symptom management alternatives**

- Apple cider vinegar – 2 Tbsp in a glass of water 2-3x/day on an empty stomach. If there is not much relief you could add ¼ tsp baking soda. Follow this regime for 5 days then take 2 days off, and repeat as needed.
- At the very first signs of reflux start drinking water to help dilute and wash back down the acidic stomach juices.

#### **Other lifestyle considerations**

- Allow your body time to digest after a meal – wait 1 hour before exercising, wait approx. 3 hours before lying down.
- If your reflux is worse at night/when sleeping, consider raising the head of your bed so that when lying down gravity can work in your favor.
- Do not eat when stressed or angry.