

Gastro-Toxin Guidelines

What is GERD? GERD is the condition causing heartburn or indigestion especially after eating. It is a painful burning or extremely hungry sensation just below the breastbone. GERD sensations are caused by food and stomach acids wash back up into the esophagus when the sphincter between the esophagus and stomach becomes weakened. This reflux can cause wheezing, constant throat clearing, hoarseness, coughing, or a feeling of a lump in your throat. There are many things you can do to help yourself feel better. Medications can work but they work better if you make a few changes in how you eat.

Things you can do:

1. Stop smoking. Smoking worsens this condition.
2. Avoid aspirin or salicylates. Aspirin-containing medications are Ecotrin, Advil, Motrin, Ibuprofen, Aleve and others. If you are taking Theophylline, cortisone, or Valium take them with food.

Foods to avoid:

1. Caffeine, which is found in coffee, tea, most soda, chocolate, and cocoa. Mountain Dew is especially high, whereas decaffeinated coffees have very little caffeine.
2. Citrus like grapefruit, orange, lemon, and tangerine. Citrus is found in some sodas and fluid replacement drinks like Gatorade or Powerade.
3. Alcohol such as beer, wine, after dinner liqueurs and hard liquor.
4. Very greasy foods like French fries and deep fried meats or vegetables. Whole milk may cause discomfort.
5. Tomato sauces.

Following these tips can save you discomfort due to GERD symptoms.

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