

ANTIREFLUX MEASURES

- 1)EAT NOTHING BETWEEN MEALS EXCEPT WATER
- 2)DRINK NO WATER WITH MEALS
- 3)ALLOW ONE HOUR TO PASS AFTER A MEAL BEFORE DRINKING WATER
- 4)AVOID ICE COLD OR COFFEE HOT BEVERAGES, WARM AND COOL BEVERAGES ARE BEST
- 5)ALLOW 4 TO 5 HOURS TO PASS BEFORE THE NEXT MEAL
- 6)LEAVE OFF CAFFEINE, COFFEE, BLACK TEA, RED CHILIS, BLACK PEPPER, MUSTARD, & VINEGAR
- 7)EAT A LIGHT EVENING MEAL AND A BIGGER BREAKFAST, PREFERABLY WHOLE GRAINS, FRUITS, AND NUTS
- 8)GO AS PLANT-BASED AS POSSIBLE, WHOLE GRAINS, BEANS/LEGUMES, VEGETABLES, FRUITS, UNSALTED NUTS AND SEEDS, & HERBS
- 9)DISCONTINUE SODAS
- 10) CHEW FOOD THOROUGHLY TILL FOOD CONSISTENCY IS LIKE A CREAM IN THE MOUTH