

10 RULES TO CALM REFLUX



1. Sit down and eat. Either eat with others or sit and discover life and the scenery around you. You could page through a magazine, but don't read a book you need to concentrate on and definitely do not eat with a screen of any kind in front of you. No phone, laptop, TV or tablet while eating. Never eat on the run.
2. Chew your food.
3. Have coffee only after food if at all. Never have coffee on an empty stomach and enjoy one to two coffees a day. No more than that. No milk and no sugar.
4. NO MILK.
5. Avoid gluten.
6. Have nutrient-rich food, such as plenty of vegetables and excellent quality protein. Add to that extra virgin olive oil every day. Don't overfill your stomach with carbohydrate rich foods and empty calories.
7. Have three meals a day and give your stomach a break in between meals.
8. Drink two to three litres of water or herbal tea daily between meals. No sweetener, no milk.
9. Your last meal of the day should be at least two to three hours before bed. After that you should have only herbal tea or water. No calorie containing foods or drinks after dinner.
10. Avoid alcohol, especially on an empty stomach.

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Considerations:

Consider adding some basic supplements to soothe your stomach:

- L-Glutamine before breakfast. This must be a truly pure supplement. L-Glutamine is often used in the body-building industry and all supplements out there are not good. Check with your health practitioner or health shop owner you trust to find a top quality pure L-Glutamine for your stomach and gut health.
- Take some Calcium and Magnesium after dinner or before bed. Again, ask advice to be sure of quality.
- Melatonin taken before bed has been shown to improve reflux symptoms by improving stomach and gut function in a number of ways. Depending on where you live you might need a health practitioner to prescribe melatonin for you. You can try to take 3-5 mg before bed at the same time each evening for two weeks or more and see if it helps you. Check-in with your health practitioner to see if this suits your needs and always keep medication interactions in mind. If you are taking medication you need to ask your pharmacist or health practitioner about interactions.

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