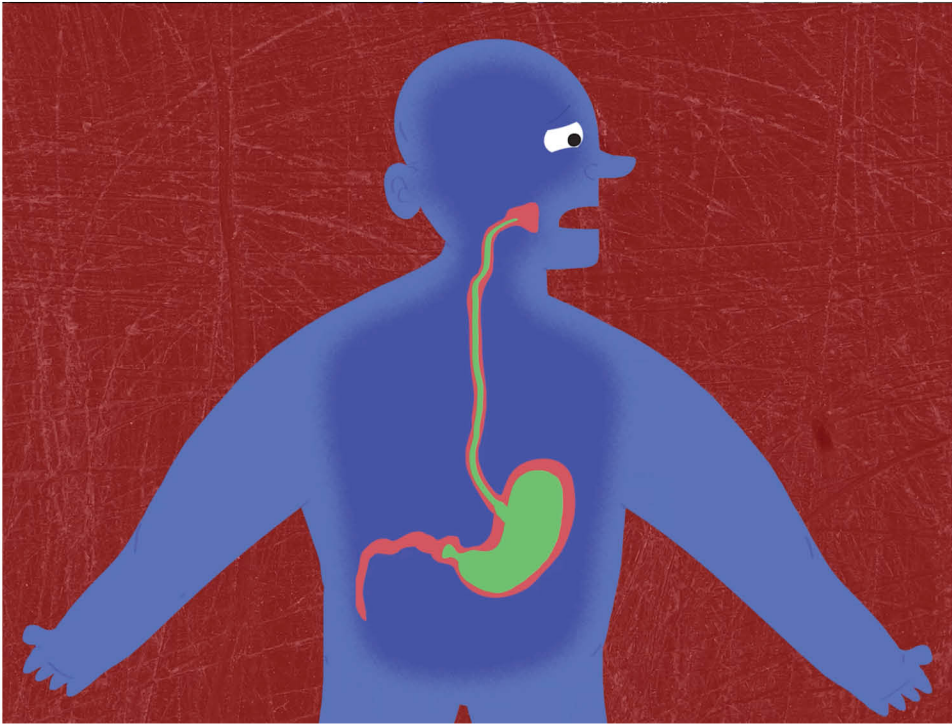


Acid Reflux

What is Acid Reflux?



When we eat, we chew and swallow, and the food travels down through the esophagus and into the stomach. Stomach acids break down the food into liquid. Usually stomach acid stays within the stomach, but for people who suffer from acid reflux, the stomach acid flows back up and into the esophagus, causing irritation, discomfort and indigestion.

Symptoms of indigestion



Symptoms of indigestion can include chest pain, a burning sensation in the chest, difficulty swallowing, bad breath, bloating and even regurgitation of sour liquid or food.



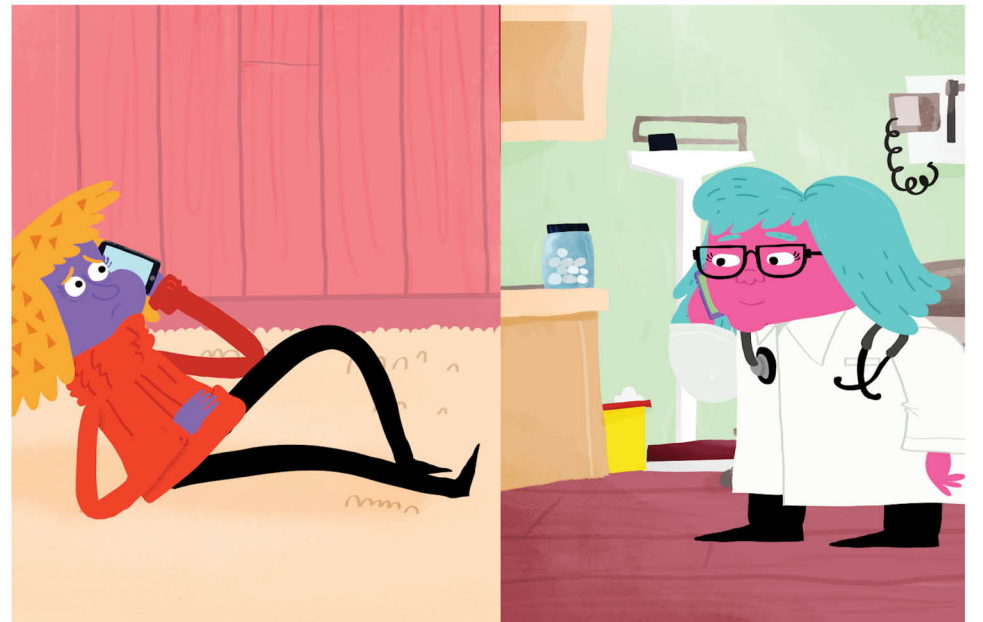
Causes and prevention



- Don't overeat
- Chew thoroughly and slowly
- Avoid eating fried, greasy or fatty foods
- Don't smoke
- Avoid spicy foods
- Reduce alcohol & caffeine consumption
- Don't eat late at night

Unhealthy eating and other habits can interfere with digestion by producing too much stomach acid, increasing stomach pressure, or slowing down the digestive process.

Consult your doctor if discomfort persists



If you're living a healthy lifestyle and acid reflux and indigestion still persist, see your doctor to be sure there's not another underlying cause for your symptoms.

To avoid acid reflux and indigestion, remember to think before you eat or drink!