

POINTS TO NOTE



1. NATURAL PROBIOTICS

- Simple yogurt.
- Fermented foods like kimchi, Paste like miso, & tempeh.
- Drinks like kombucha, kefir and so on.



2. HOME REMEDIES

- Herbs like gentian root
- Umeboshi plums
- Swedish bitters
- Ginger tea/lemon balm tea.
- Seeds like anise, caraway, fennel teas.
- Alkaline chlorophyll

FOODS TO AVOID AND CONSUME

Gerd / Acidity

▶ What is GERD?

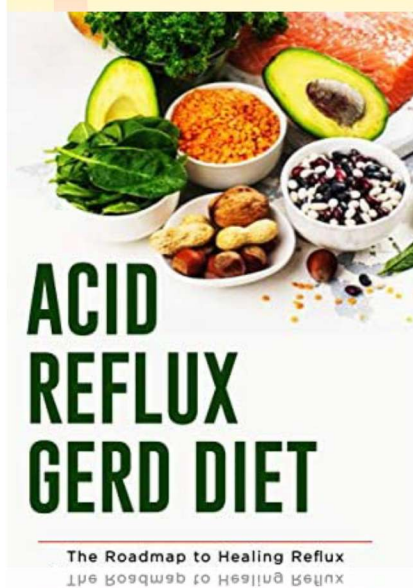
GERD, also known as Gastro Eosophagal Reflux disease and is a chronic condition of the stomach. It is extremely common amidst men and women of all age groups.

▶ What are the symptoms?

- ▶ The contents of the stomach travels back to the eosophagus and causes the sensation of burning. This is the major complaint of GERD.
- ▶ Acidity, heartburn, chest pain, sometimes burning and palpitation, hoarseness of throat is seen in the majority of GERD patients.

▶ How is it diagnosed?

- ▶ Typically with the symptoms alone a doctor can diagnose GERD, however in severe cases few tests for H-Pylori and an endoscopy is done.



What is the cause for developing this condition?

1. Stress! yes believe it or not but high levels of stress is known to have caused majority of such conditions.
2. Other reasons are- smoking and alcohol, daily diet with high saturated fat and trans fat rich food- examples like fast foods and fries, high spicy food, food rich in purine. Medications can also cause induced acidity. Gall bladder complaints, obesity etc.

What is Gerd Diet and how can it help?

Main Features:

Alkaline rich foods to add.

Mode of cooking is important hence focus on that. Avoid spicy and chargrilled food.

Avoid carbonated and sugary beverages.

Add probiotic, pre-biotics or a combination of both like Synbiotics.

Add Foods rich in Fibres, magnesium and potassium.

Avoid all condiments like ketchup, Dijon mustard etc.

Eat meals up to a satiety of 80%. Listen to your appetite.

Diet additions:

Alkaline foods like various types of gourds, small greens like arugula, lettuce, herbs like parsley, others like wheatgrass, watercress, alfa-alfa are few others to remember. There is a list of various kinds of alkaline foods for high acidic symptoms.

Diet restrictions:

Avoid high acidic foods. But the catch is to identify the ones which are not suitable for your self. However as per the general list foods like red meat, alcohol, big beans, night shades are usually which are not suitable for high acidic conditions. Sometimes dairy like lactose, casein or gluten might aggravate hence try and limit these.



3. HEALING PRACTICES

- Natural ANTACIDS- liquorice roots, Slippery elm, Marshmallow root etc.
- Stress management Chamomile extracts or Lemon balm to control stress.
- Acupuncture
- Sleep or Nidra yoga
- Overall lifestyle modification for meal times, bedtimes & stress reduction.

HEARTBURN / GERD TRIGGER JOURNAL



Find your triggers and plan an Elimination Diet

If you or anyone you know suffers with Gerd then help them 'Identify own pattern of symptoms'. On days of bad acidity note the diet and foods eaten and focus on eliminating those foods at first. This helps to channel elimination of foods which are unsuitable individually.

It is much better than following a generic list.

As it gets better your will feel each passing day is a step closer towards improved digestion.