



# BreatheBetter Institute

## REFLUX DIET AND LIFESTYLES CHANGES

**Acid reflux** is the flow of stomach acid into the esophagus and throat. This can irritate throat issues and lead to uncomfortable symptoms.

### SYMPTOMS OF ACID REFLUX:

- Chronic coughing
- Frequent throat clearing
- Hoarseness
- Trouble swallowing or the feeling of a lump in your throat
- Regurgitation of food or sour liquid
- Disrupted sleep
- Unexplainable sore throat
- Worsens sinus disease

### CAUSES OF ACID REFLUX:

Acid reflux is due to weakness in part of the digestive system. Certain factors can make this more likely. These include:

- Pregnancy
- Lying down or bending over soon after eating
- Being overweight
- Having a hiatal hernia
- Having certain foods or drinks such as alcohol, chocolate, and caffeine
- Taking certain medications including common pain relievers
- Smoking

### RECOMMENDED LIFESTYLE CHANGES:

If you are experiencing symptoms of acid reflux, changing eating and lifestyle habits may help to reduce stomach acid.

- Avoid eating after dinner time or right before bedtime
- Avoid working out near bedtime
- Limit use of aspirin and ibuprofen, which can increase stomach irritation
- Changing eating habits

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### FOODS TO AVOID:

- **DARKS:** Coffee, Tea, Cola, Chocolate, Chocolate Milk
- **REDS:** Tomato, Ketchup, BBQ Sauce, Hot Sauce, Spicy foods
- **FRUIT AND JUICES:** Citrus drinks, Orange, Cranberry, Apple, Lemonade
- **OTHER:** Peppermint, Gum, Cinnamon, Garlic, Onion, Cheese, Processed Foods

### TREATMENT:

- We will send a prescription of **Prevacid 30 mg** (Lansoprazole), but you will also need to pick up **Pepcid 20mg** (Famotidine) over the counter at your local pharmacy.
- These medications should be taken daily to help relieve your reflux symptoms.
- You will take both the Prevacid and Pepcid together **20-30 minutes prior to breakfast.**
- The Pepcid usually wears off about halfway through the day, so you will take another dose of Pepcid **20-30 minutes prior to dinner.**
- In total for the day, you should have taken 1 tablet of Prevacid, and 2 tablets of Pepcid, which will be repeated daily.



Use product only as directed.