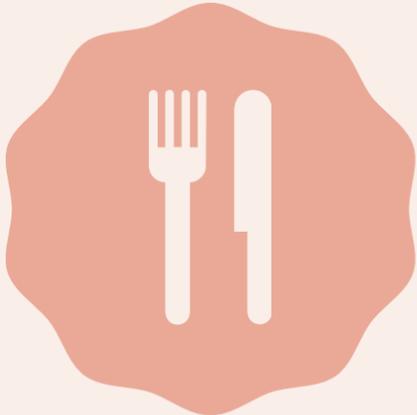


REDUCING REFLUX (GERD/LPR)



NON SPICY MEALS

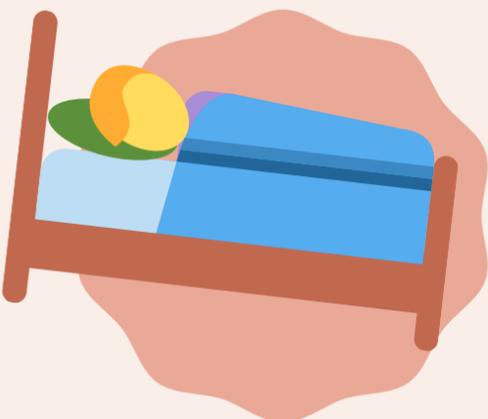
Avoid

- Spicy meal, fried food,
- Garam masala ,chilli,
- Frequent coffee and Tea,
- Eat non spicy and Non oily diet
- Avoid alcohol and smoking



LIFE STYLE

- Exercise every day, reduce weight,
- Recommend small portions and increase frequency to 4 meals,
- Last meal at 7 00 PM and sleep 3 hours later to aid gastric emptying



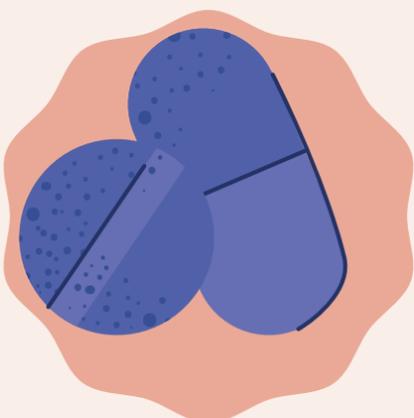
SLEEP

- Donot immediately sleep after a meal
- Atleast give 3 hrs time to sleep after night dinner
- Sleep with bed elevated by 20 degree
- Dont have alcohol or smoke before bed time
- Walk 10 Minutes after dinner



FOOD TO AVOID AND THOSE TO EAT

- AVOID-Burger, pizza, citrus Fruits ,chocolates, peppermint, any fried food like pizza and bajji and bonda,
- coca colas, red wine and alcohol, caffeine food like coffee and tea.
- Food which reduce reflux are brown rice,, lettuce, salads, celery, melons, oatmeal, potato's,, vegetables, non citrus fruits, lean meat like chicken fish, and turkey, egg whites



follow clear instructions of doctors on when to take your medications