

ACID REFLUX DIET

WHAT TO EAT

WHAT TO AVOID

Ready to get lasting relief by treating the underlying cause of your acid reflux? New research has found a **connection between inflammation and GERD**. By avoiding foods that inflame the stomach, while crowding in foods that reduce inflammation, you can treat the cause of acid reflux and get lasting reliable relief.

I've helped thousands activate an anti-inflammatory diet to get relief from their digestive issues. My approach shifts how you eat, crowding in some foods, eating less of others, and identifying what you don't digest well then removing it from your diet.

Here are some tips to get you started.

IDENTIFY YOUR HARD TO DIGEST FOODS



When you eat difficult to digest foods, the undigested food particles enter your blood stream. This activates your immune system to "clean it up" and that creates inflammation.



There are seven foods that are harder for everyone to digest, and they often contribute to acid reflux.

- Gluten
- Dairy
- Corn
- Soy
- Eggs
- Large citrus
- Pineapple

CROWD IN LOW-ACID, NUTRIENT-RICH VEGETABLES AND FRUITS



Aim to make veggies and fruits **HALF** of what you eat per day. They are rich in **magnesium**, found in many acid reflux medications, and **pectin**, a fiber that helps move foods throughout the digestive tract.

Good low-acid options include:

- Bananas
- Melons
- Green beans
- Broccoli
- Asparagus
- Dark leafy greens

CROWD IN FIBER



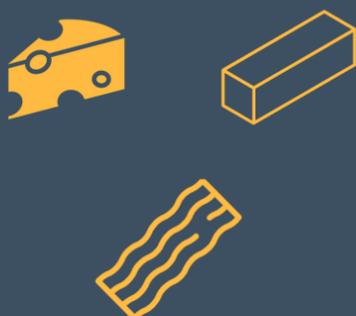
Fiber helps absorb stomach acid and reduce acid reflux. It is also known to help you feel fuller for longer, helping to lower your chance of overeating and triggering acid reflux.



Great sources of fiber include:

- Vegetables
- Beans
- Oatmeal
- Apples
- Pears
- Nuts

EAT LESS FATTY FOODS



Fatty foods are harder to digest and linger in the stomach, building pressure and increasing acid reflux. They can also cause the bottom of the esophagus to relax and can slow down stomach emptying.

Common fatty triggers of acid reflux are:

- Fried, greasy foods
- Heavy cream
- Bacon
- Gravies
- Full fat dairy
- Butter

You can get control of your digestive issues and create a new relationship with food - you just need an easy way to get there. My online program has helped thousands get relief from their digestive issues, experience a clam belly, and enjoy a healthy anti-inflammatory lifestyle.

Try my online program RISK-FREE as my guest.

For more resources on controlling your acid reflux, check out: www.savoryliving.com