



## **REFLUX TREATMENT RECOMMENDATIONS**

(Laryngopharyngeal Reflux = stomach acid in your throat)

- 1) **FOODS TO AVOID –**
  - A) Caffeinated products (Coffee, tea, ice tea, soda)
  - B) Chocolate
  - C) Mint products (Breath mints, strips, gum, etc.)
  - D) Alcoholic beverages
  - E) Spicy or highly seasoned foods.
  - F) Tomatoes and tomato products (Sauces, pizza, etc.)
  - G) Garlic and Onion
  - H) Acidic citrus fruits/juices (Orange juice, V-8, etc.)
  - I) Carbonated beverages (Soda, seltzer)
- 2) **DO NOT EAT** a meal or snack within **2 HOURS** of bed time.
- 3) Eat moderately sized portions, chewed well and consumed slowly.
- 4) Avoid wearing tight fitting clothing around the waist.
- 5) **Keep hydrated** – drink six to eight 8 oz. glasses of fluid a day.
- 6) If you smoke, please **STOP**.

**Modification of your diet/lifestyle can help relieve your symptoms better than any medicine we can prescribe.**