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**Heart Burn, Reflux, GERD**

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name: \_\_\_\_\_

If you have Heart Burn, this sheet outlines some of the more common ways that you can start to make this better.

Your provider will circle or check the changes that are most important for you.

Medicines can usually make it feel better for a short while, but it often takes diet and lifestyle changes to make things better.

**CHANGE THE WAY YOU EAT** **Digestion Basics:**

- Chew** my food well
- Sit** and **Relax** during meals
- Stop** eating and drinking when you are 2/3 full
- Drink more water** (for most people 1-2 quarts a day is good) best in between meals.
- If you are overweight, Heart Burn may be your body's way of asking politely for you to lose weight.**
- If you am constipated let your doctor know**
- If you are pregnant let your doctor know

**REMOVE THINGS THAT MAKE IT WORSE** **Reduce the three worst foods in my diet:**

1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

- avoid the following especially if you know they make your symptoms worse: tobacco, alcohol, caffeine, Chocolate, Fried, greasy, or oily foods, Peppermint
- Pay Attention** to how you feel when you eat certain foods and record what foods you think might be making your symptoms worse.

 **Reduce OR STOP MEDS that may be making it worse:**

- Work with your clinician and begin to look for other ways to treat your conditions then: NSAIDS (like ibuprofen), Calcium channel blockers, Beta-blockers, Progesterone, Peppermint oil, Fish oils
- Proton Pump Inhibitors (like protonix, prilosec, omeprazole, others) good for a short while, but not great long term

 **Reduce OR Manage Stress:** Answer the question: What stresses me out the most? \_\_\_\_\_ Try the following interventions:

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| ___ Saying 'No' when you need to      | ___ Laugh                           |
| ___ Taking time for yourself          | ___ Forgive yourself and others     |
| ___ Connect with others               | ___ Try a news and electronics fast |
| ___ Connect with nature – take a walk | ___ Other?                          |

# MEDICATION AND SUPPLEMENTATION

## REPLACE WHAT YOUR BODY IS MISSING

### • **LOW STOMACH ACID**

It is as common to have too low of Stomach Acid then too high:

Taken 20 minutes before each larger meal

- **Apple Cider Vinegar (ACV):** 1-3 tablespoons in water (can add stevia for taste)
- **Lemon Juice:** 1-3 tablespoons in water
- **Bitters:** 1 tablespoon in six ounces of water.
  - Swedish bitters are an extract and in the health food stores
  - Angostura Bitters are a liquorThe sour taste “turns on” the stomach, the gall bladder, and the pancreas, getting them all ready to digest your meal more completely.
- **Betaine HCl 650mg** (often with pepsin): start with one tablet 20 minutes before each meal, increase by one tablet until you feel warmth in your stomach before you eat. Especially helpful with digesting protein.

### • **LOW PANCREATIC ENZYMES**

**Digestive Enzymes:** (Full Spectrum) 1 to 3 capsules with each meal.

Rx: **Creon 12,000** one twice a day (generally dosed by lipase component)

## REPAIR THE LINING

### **Medications**

- Short term acid blockers
  - Two to Eight Weeks of H2 Blockers: Nizatidine ~ Ranitidine ~ Famotidine > Cimetidine
  - Two to Eight Weeks of PPI: Omeprazole (Prilosec), Esomeprazole (Nexium), others
- Trial of antacids
  - MOM (Magnesium Hydroxide)
  - Tums (Calcium Carbonate)
  - Others
- Sucralfate: Coats stomach

### **Supplements**

- DGL – deglycyrrhizinated licorice – start w 2 tabs between meals and at bedtime for two weeks and then taper.
- Marshmallow Root or Leaf Tea (Throat Coat Tea-Traditional Medicinals) Start with 3x/day for 2 weeks and then taper
- L-Glutamine Powder: start with 1 tsp. three times a day for two weeks and then taper
- Aloe Vera Juice start with ½ cup three times a day for two weeks and then taper

## TIGHTEN A LOOSE ESOPHAGEAL SPHINCTER

- Calcium citrate powder, about 250 mg, dissolved in a small amount of water, after each meal and if needed, at bedtime (note: tightens the LES).
- Melatonin 3mg (average dose) 0.5mg – 9mg daily or bedtime (note: tightens the LES).
- Baclofen (tightens LES) 10mg twice a day (or just at night)

## **SPECIAL SITUATIONS**

### **IF YOUR SYMPTOMS ARE WORSE AT NIGHT = Loose Lower Esophageal Sphincter:**

- **Stop** eating and drinking when I am 2/3 full
- **Stop Eating 3 hours before bed**
- **DO NOT EAT LATE AT NIGHT** If you are eating a big meal in the evening switch to eating it in the mid-day
- Elevate the head of your bed by 6 inches (cinder block under each support of the bedhead or wedge under mattress)
  - DO ONE OF THESE. (note: tightens the Lower Esophageal Sphincter (LES)).
  - Calcium citrate powder, about 250 mg, dissolved in a small amount of water, after each meal and if needed, at bedtime
  - Melatonin 3mg (average dose) 0.5mg – 9mg daily or bedtime.
  - Baclofen 10mg twice a day (or just at night)
- H2 blocker at night

### **NO APPETITE IN THE MORNING = Low Stomach Acid**

- If you are eating a big meal in the evening switch to eating it in the mid-day
- See **LOW STOMACH ACID** above (generally start with ACV or Lemon juice).

### **FOOD FEELS LIKE IT SITS THERE or DOES NOT DIGEST WELL (and no gastroperesis)**

- **DIGESTION BASICS:**
  - CHEW FOOD WELL
  - MANY SMALL MEALS
  - RELAX WHILE EATING
- INCREASE STOMACH ACID
- INCREASE PANCREATIC ENZYMES

### **SYMPTOMS AFTER YOU EAT**

- Sodium alginate and potassium bicarbonate (Gaviscon Advance) given after eating
- All the other things to REPAIR THE LINING ABOVE

### **HOW DO I STOP MY PPI? When they are not Indicated**

PROVIDER HELPS YOU Treat Underlying PROBLEMS

- Decrease Aciphex, Protonix or Nexium to lowest dose possible
- Then change to Prilosec
- Then taper to either Nizatidine ~ Ranitidine ~ Famotidine for a 2-4 weeks
- Then stop
- Can use the above supplements to help

### **Sources for Supplements**

Online you can save 30-50% so if you can we recommend getting your supplements there.

- [www.vitacost.com](http://www.vitacost.com)
- [www.iherb.com](http://www.iherb.com)

### Local Stores

- Whole Foods
- Oliver's Market
- Trader Joes
- Occasionally your Pharmacy