

## Heartburn Recommendations

*Heartburn, otherwise known as acid reflux, acid indigestion, or gastroesophageal reflux disease (GERD) is (unfortunately) a common discomfort of pregnancy.*

Many women find relief in these home remedies:

- Chewing raw almonds slowly
- Drinking a small amount of baking soda in water (this often leads to a satisfying burp!)
- Drinking a small amount of lemon juice in water (the theory behind this is that the acidic lemon juice tricks your stomach into producing less of its own acid)
- Drinking a small amount of milk, yogurt or creamy dairy to coat the esophagus

Some other tricks that may work include:

- Chewing sugar free gum after eating (avoid mint flavors as mint has been implicated in producing more heartburn)
- Drinking a small amount of turmeric in water
- Taking papaya enzymes and/or eating fresh papaya

There are also some lifestyle modifications that may provide you with some relief

- Eating smaller, more frequent meals
- Avoiding spicy, fried, carbonated, acidic, or sweet foods (including chocolate)
- Avoid eating a large meal before bedtime
- Raising your arms up to stretch out your torso after eating
- Elevating your bed or pillows so that your shoulders are 4-6" higher than your belly

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