

## ***Acid –Reflux Disease: To-Do List & Natural Remedies***

Acid –Reflux disease is a Food& Lifestyle disorder that can be eliminated within one to two weeks by changing food and lifestyle and adopting natural remedies. Practically every medication which lowers acidity is harmful to the body and digestion when taken for more than 4-6 weeks. Therefore, the natural solution is the ideal solution to this problem.

### ***To-Do List***

- 1. Do Not eat any food after 8 PM. Late eating and going to sleep within 2-3 hours of eating will cause indigestion, acidity, and food reflux with burning in the chest and sour taste in the mouth.**
- 2. Eat only 2-3 meals a day. Every time food enters the stomach; acid gets produced. More frequent eating means more acid produced in the stomach.**
- 3. Vegetables and fruits are alkaline, while commercially packaged foods, fast foods, meat, dairy, refined oils, and refined grains are acidic.**
- 4. The main dish on the plate needs to be vegetables, mostly green vegetables.**
- 5. Eat 1-2 cups of fruits but avoid citrus fruits like oranges and orange juice. Fruit juices are rich in fructose sugar, have no fiber, and also increase diabetes risk.**
- 6. Eliminate acidic refined white sugar in the diet. Instead, use jaggery and jaggery sugar. Darker jaggery and palm jaggery is healthier than light-colored refined jaggery.**
- 7. Eliminate all refined oils (including cooking olive oil, which is 90—95% refined oil with only 5-10% real olive oil). The refined oils increase the risk of acid reflux disease, Type-2diabetes, heart disease, bad cholesterol, and fatty liver disease.**
- 8. Eat only the natural cold compressed oils such as Sesame. Mustard, Coconut oil, and 1-2 teaspoons of cow ghee.**
- 9. The small amount of ghee with a dinner meal calms down the acidity and boosts immunity. Add ghee to dal, rice, and chapatis.**
- 10. Eliminate fried foods as much as possible. If you wish to indulge once in a while, make your own using cold compressed mustard or coconut oil, or**

ghee for frying. These are all high smoke point oils that can withstand the high temperatures needed for frying. Olive oil and Sesame oil are low smoke point oils and not appropriate for frying or tadka ( garnish).

11. Minimize peanuts and eliminate peanut oil from the diet. Peanuts carry omega-six fats and are inflammatory.
12. Eliminate refined milled wheat flour sold prepackaged in grocery stores. Milled wheat flour is acidic and devoid of essential nutrients, and very low on healthy fiber.
13. Eliminate baked goods- white bread, cakes, pastries, biscuits, crackers, and other products made from maida.
14. Millets are the ideal grain for preventing acidity and other food and lifestyle diseases such as Obesity, Type2 diabetes, Fatty liver disease, bad cholesterol, and Heart disease. Millets are an alkaline grain and very rich in fiber.
15. Until the acid reflux problem calms down, eat only moong dal (whole, split green, and yellow) for dinner. When the acidity settles, slowly introduce other dals and see what works well with your stomach.
16. Eliminate onion and tomato-based gravies as these are acidic.
17. Avoid sour and acidic foods like pickles, commercial tamarind paste, etc. Use lemon juice in moderation for a sour taste.
18. Eliminate garam masala, and preprepared store bought coriander powder, cumin powder, and other spice powders. Freshly grind the spices in small amounts and store these in the fridge in the glass containers. Storage causes oxidation of the spice powders making these irritants to the stomach lining.
19. Eliminate acidic dense dairy products such as Cheese, Paneer, Icecreams, and milk-based sweets. Consume only freshly made curds that are not sour. The ideal milk preparation is thin chaach made alkaline with curry leaves, ginger, cumin seed powder, and raita made with vegetables ( spinach, gourd, cucumbers, potatoes, etc.).
20. Eliminate meat and nonvegetarian foods as much as possible. Meat and animal products, including dairy, are highly acidic. If you are a meat-eater and cannot do without it, eat meat and vegetables (more of green vegetables) in the ratio of 1:4 (one hundred 100gm meat versus 400gm vegetables).

## ***Natural Remedies For Acid –Reflux Disease***

- **Fennel (Saunf) Seed Water**—Prepare one liter of fennel water each morning and drink small glasses of it the entire day with the last glass an hour before sleep. To prepare fennel water, bring a liter of water to boil in a pot. Add one tablespoon of fennel seeds, turn off the fire and cover the pot with a lid. Let it cool, strain it and store in a glass jar in the refrigerator or room temperature.
- **Apple cider Vinegar**- This is a crucial therapy to fix indigestion related to taking acid-lowering medications for a long time. The drugs lower the average acid amount in the stomach, causing indigestion from not being able to digest food properly due to low acid. Low acid and indigestion are the big reasons people who take drugs to lower acidity never feel better. Apple cider vinegar is a weak acid and helps with digestion and quickly gets off the acid-lowering medications.

Buy an organic variety of apple cider vinegar. Half an hour before each of the two principal meals ( Lunch/Brunch and dinner) drink one tablespoon of apple cider vinegar in a glass of water. You may add apple cider vinegar as a dressing to salads.

- **After meal spice refresher ( Mukhvas)**—It is an Indian tradition to eat Mukhvas after a substantial meal to enhance digestion. Good preparation has alkaline spices like fennel seeds and dhania dana (coriander seeds hearts with seed husk removed) and little jaggery.
- **If the symptoms of acidity occur**, eat half a banana and chew the chewing gum. The banana soothes the stomach lining, and chewing gum increases highly alkaline saliva, which neutralizes stomach acid.

**The above guidelines will help conquer the Acid-Reflux problem within 1-2 weeks, making one drug-free. Keep in mind that every Acid-Reflux medication is harmful to health and digestion. To know more about Acid-Reflux disease, view the YouTube video on this subject posted in the Material section on the website:**

**[www,foodlifestylebalance.com](http://www,foodlifestylebalance.com)**

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