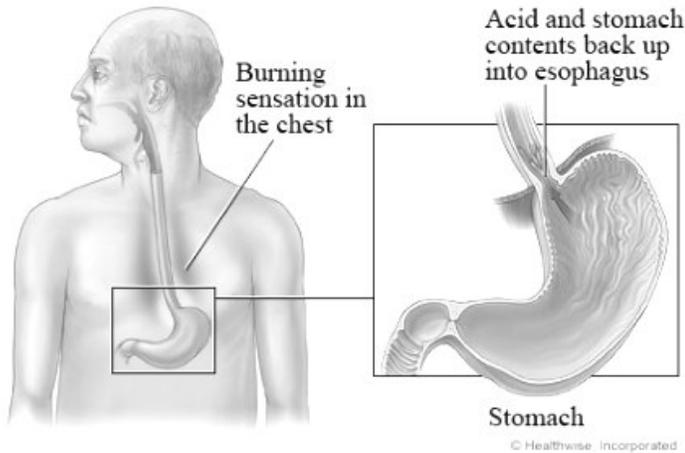


Gastroesophageal reflux disease (GERD)



What is gastroesophageal reflux disease (GERD)?

A condition in which the stomach contents (food or liquid) leak backwards from the stomach into the esophagus (the tube from the mouth to the stomach). This action can irritate the esophagus, causing heartburn and other symptoms.

What causes GERD?

Normally when you swallow your food, it first travels down the food pipe (esophagus). A valve opens to let the food pass into the stomach, and then the valve closes. With GERD, the valve doesn't close tightly enough. Stomach acid and juices from the stomach flow back up (reflux) into the esophagus.

What are the symptoms?

1. Feeling that food is stuck behind the breastbone
2. Nausea after eating
3. Heartburn or a burning pain in the chest
 - Increased by bending, stooping, lying down, or eating;
 - more likely or worse at night;
 - relieved by antacids



What is gastritis?

Gastritis occurs when the lining of the stomach becomes irritated or swollen. Gastritis can last for only a short time (acute gastritis). It may also linger for months to years (chronic gastritis).

The most common causes of gastritis are:

- certain medicines, such as aspirin, ibuprofen (*Advil*), or naproxen (*Aleve*)
- heavy alcohol drinking
- infection of the stomach with a bacteria called *Helicobacter pylori*
- an empty stomach

Tips to control gastroesophageal reflux disease and/or gastritis

1. Avoid spicy, acidic, tomato-based, or fatty foods like chocolate, citrus fruits and fruit juices.



5. Don't exercise too soon after eating.



2. Limit your intake of coffee, tea, alcohol and colas.



6. Avoid eating anything 3 to 4 hours before bedtime.



3. Watch your weight. Extra weight increases intra-abdominal pressure, which can aggravate reflux.



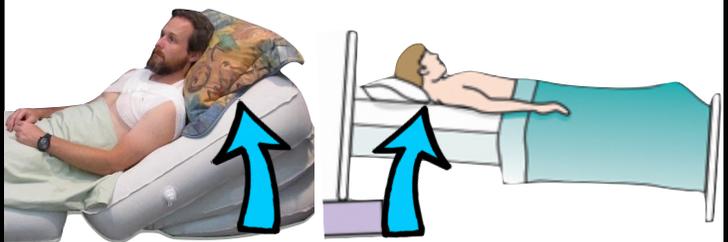
7. Quit smoking. Seek help at a clinic or call 1-800-QUIT-NOW (1-800-784-8669).



4. Don't over eat at mealtime; stop eating when you're full. **Eat moderate amounts of food 5-6 times a day.**



8. Elevate the head of your bed (6" to 8") with blocks or adjust your pillows so that you can sleep in a more vertical position.



Consult Street Level's Nutritionist/Herbalist - Ask for consultation hours.

2501 International Boulevard • Oakland, CA 94601
Tel: 510-533-9906 • Fax 510-533-5959