



Heartburn

1. Encourage low fat, bland diet.
2. No spicy or gas producing foods. No caffeine.
3. Encourage small, frequent meals. Avoid drinking fluids with meals.
4. Advise upright position for 30 min. after meals. Stretch arms above the head. Encourage walking.
5. Consider need to change or discontinue vitamins, iron, meds or other supplements.
6. Caution against frequent over-the-counter antacid use due to potential rebound effects.
7. May use Pepcid, 10-20 mg bid for symptoms not relieved by other measures.
8. Alternative options:
 - Apple cider vinegar, 1 tsp in 1 cup warm water before meals. May also sip throughout the day.
 - Papaya raw or in tablet form. Take 30 minutes before eating & at bedtime
 - Raw almonds or cashews, thoroughly chewed
 - Chamomile, fennel, and/or peppermint tea

For future reference, you can find some great tricks of the trade from www.gentlebirth.org/archives. Alternative therapies for many things are covered there.

For allopathic options, try searching PubMed at www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=PubMed