

What's Fueling the Burn? Acid Reflux Triggers & Tips for Relief

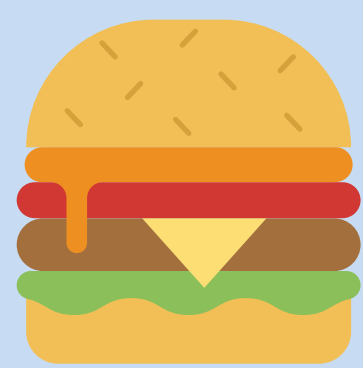
Stomach acid flowing back into the esophagus causes heartburn and other uncomfortable symptoms. Know your triggers to help reduce flare ups and support better digestive health.

8 COMMON ACID REFLUX TRIGGERS



Caffeinated Beverages

Coffee, energy drinks and some teas may worsen symptoms in sensitive individuals.



High Fat Foods

Fried foods, fast food and heavy meals can slow digestion and increase reflux.



Spicy Foods

Hot peppers and spicy dishes may irritate the digestive tract and trigger heartburn.



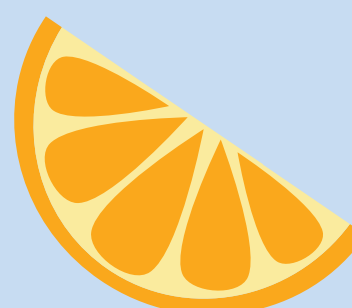
Chocolate

Chocolate can relax the muscle that helps keep stomach acid in place.



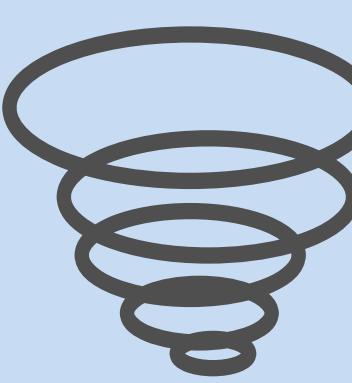
Alcohol

Alcohol may increase acid production and contribute to reflux symptoms.



Acidic Foods

Tomatoes, citrus fruits and citrus juices can trigger discomfort for some people.



Stress

Stress may not cause reflux directly but can worsen symptoms and contribute to unhealthy eating habits.

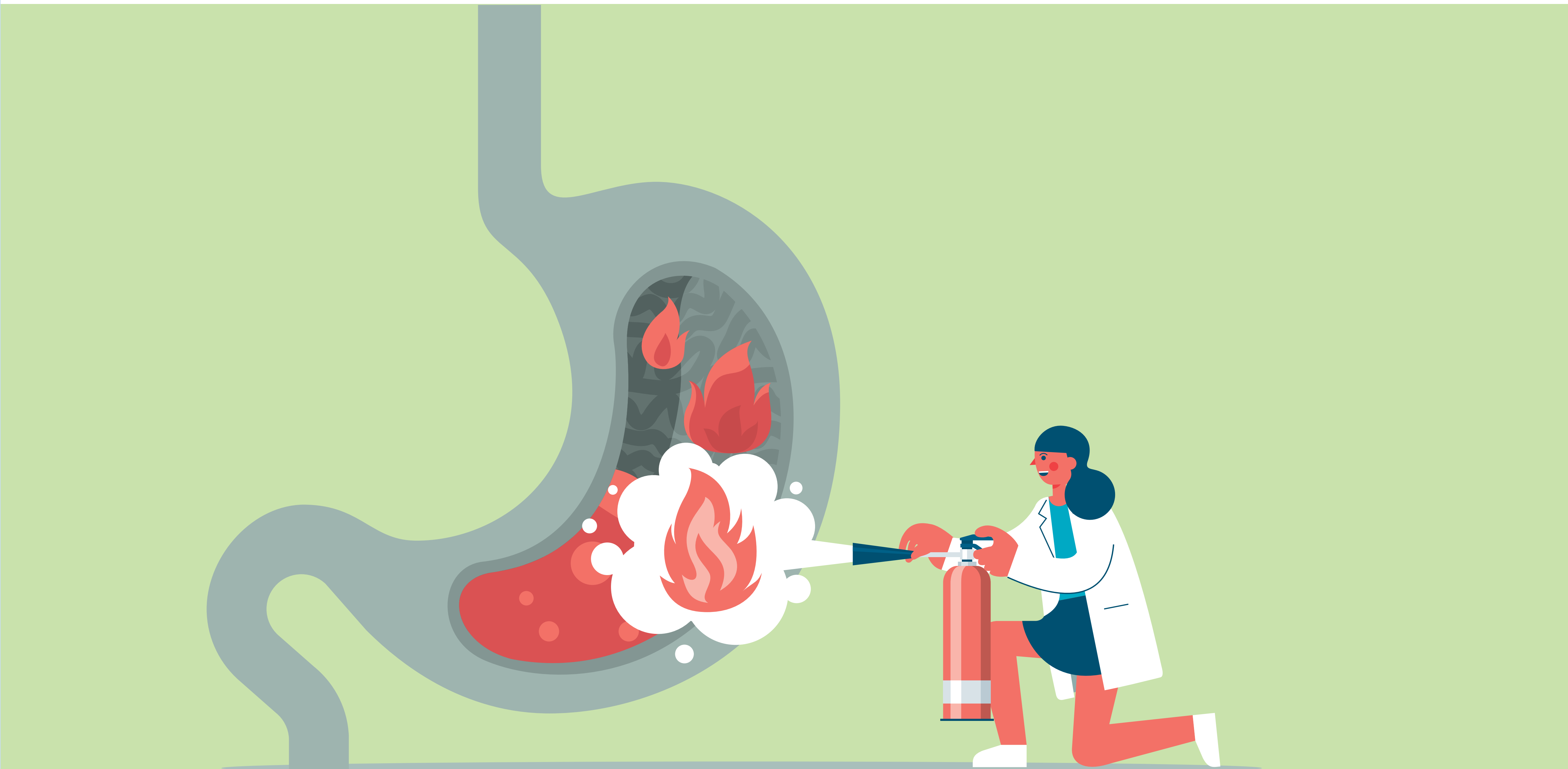


Lying Down After Eating

Going to bed or reclining too soon after meals makes it easier for stomach acid to move upward.

5 QUICK TIPS FOR RELIEF:

- ✓ Eat smaller meals throughout the day
- ✓ Stay upright for 2 to 3 hours after eating
- ✓ Identify and avoid personal trigger foods
- ✓ Maintain a healthy weight
- ✓ Incorporate movement into your workday



Ease the Burn with Healthier Habits. Learn more at [HealthDiscovery.org](https://www.healthdiscovery.org).

Sources: National Institute of Diabetes and Digestive and Kidney Diseases, Mayo Clinic, NHS