

Snohomish Midwives

57 Cedar Avenue
Snohomish, WA 98290
877-869-6105
Fax: 360-563-2662

Heartburn Remedies

Heartburn Prevention:

- Eat smaller meals throughout the day.
- Try to take your main meal and lunchtime – this takes pressure off the digestive tracts later in the day when the body is tired or ready for bed.
- Stay sitting upright after eating, laying down can push stomach contents back up.
- When sleeping, prop head with a couple of pillows.
- Sip water and liquids throughout the day between meals rather than with them.

Things to Avoid:

- Spicy, greasy, rich or acidic foods
- Chocolate
- Sugar
- Caffeinated Beverages – tea, coffee, soda, etc.
- Onions
- Tomatoes
- Citrus
- Mustard
- Fizzy drinks
- Large quantities of meat in one sitting
- tight fitting clothes
- Iron supplements can cause heartburn, consider other options

Foods and supplements that aid in reducing heartburn:

- Almonds
- Avocado
- Garlic
- Fresh lemon in water - Squeeze 1-2 fresh lemons into a minimum of 8 ounces water. Add stevia or honey. Heat for tea or leave cold water for lemonade/juice.
- Ginger tea - Grate ½ – 1 tsp. ginger to 8 ounces hot water for tea. Steep for 10 minutes. Use in moderation. Ginger can possibly lead to contractions, if used frequently or in high doses.

- Coconut water - acts as a great natural acid neutralizer.
- Fennel seeds - Crush a small amount of fennel seeds and steep in hot water.
- Flax seed tea - steep a tablespoon of flax seeds in hot water and drink hot or cold.
- Peppermint - Peppermint tea or sucking on peppermints eases heartburn tremendously! Try peppermint lozenges (Menthol Zand Herbalozenges) and peppermint tea.
- High Enzyme Foods - Papaya, pineapple, avocados and bananas all contain naturally-occurring enzymes that helps us breakdown our food.
- HCL & Pepsin - If we need more support, we can boost our HCL & Pepsin reserves by taking a supplement like this one. Our body naturally produces HCL & Pepsin anyway, so it's a great natural option that's extremely effective when nothing else works. Most mamas do well with 1-2 per meal but follow the instructions on bottle. Reduce your dose if you feel any burning in your stomach. Plant digestive enzymes are another option.
- Aloe Vera - This natural healing agent can be obtained from the live plant's leaves or simply buy the gel at a health food store. Topically, apply gel form on chest, throat and abdomen. Aloe vera successfully treats inflammation, reducing heartburn and acid reflux symptoms.
- Papaya Enzymes - take as many as you want, with or after meals.
- Calcium Magnesium - after meals or dairy
- Apple Cider Vinegar - recommended in tablet form but can dilute in water (1 tsp in 8 oz) and take before meals
- Baking Soda - 1/8 teaspoon in water.
- Tums (OTC medication) - take as needed with or after meals.
- Zantac (OTC medication), take 30' before eating, 75-150mg dose, no more than 2 doses per day, max daily allowance is 300mg, common side effects are headaches, drowsiness, diarrhea, constipation, dizziness, and lowering your platelets. Avoid taking in first trimester.

Adapted from: www.mamanatural.com/pregnancy-heartburn