

Acid reflux  
GERD  
Indigestion

- Tend the digestive fire:  
Avoid cold/raw foods, esp. in winter  
Ginger tea and lemon water in the morning  
Biggest meal at noon, no food after 6pm  
Eat in moderation – to 70% full, not stuffed
- Include all flavours in every meal:  
pungent (think radish), sweet, sour, salty and **bitter (radicchio, dandelion, arugula, bitter melon, digestive bitters, dark chocolate)**
- Exercise daily, some cardio but especially weight bearing / strength training will stimulate appetite and improve digestion
- Consider some level of fasting:  
No snacks between meals  
Skip a meal (16:8)  
Look into Dr. Jason Fung (i.e. Life in the fasting lane)
- Avoid or reduce the following foods:  
Carbs  
Gluten/wheat  
Alcohol, Coffee (green tea is better for digestion)  
Sugar / excessive sweets
- Have a Tbsp of Apple Cider Vinegar (ideally raw) in water with every meal
- Eat mindfully – savour the flavour, don't talk, watch TV, worry, read etc.
- Chew your food really well
- Take a walk after each meal
- Drink plenty of water, up to 30 minutes before a meal and 1 hour after
- Herbal teas: mint, chamomile, **meadowsweet**, fennel, cardamom, caraway  
Aloe Vera juice (unsweetened)

