The apples myth and some tips for dealing with GERD: a NetWellness column
by Lisa Cicciarello Andrews/University of Cincinnati

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Question: I have GERD and am looking for different ways of curing this. I have done some research on the internet and several websites suggest eating apples. Is it true that apples can cure GERD?

Answer: GERD (gastroesophageal reflux disease) occurs when the muscle at the end of your esophagus does not function properly and can cause stomach acid to leak into the esophagus. Two of the major symptoms of GERD are heartburn and acid indigestion. If you suffer from either of these symptoms on a regular basis, you may be suffering from GERD. However, many who have GERD do not have symptoms (also known as silent reflux).

Tips to alleviate GERD symptoms

Unfortunately, eating apples will not cure GERD. While there is no ‘cure’ for GERD, below are some dietary changes you can make that will help alleviate the symptoms.

1. Lose weight if you’re overweight. A bulging belly can ‘push’ food upwards in the stomach and cause reflux. Even a 10 lb weight reduction will help.

2. Limit high fat foods like fried food, high fat desserts, fatty cuts of meat, fast food and food made with whole milk (such as cheese and ice cream). Fatty foods 'stick to your ribs' and are
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DIGESTED more slowly than carbohydrates or protein, which means they will hang around your stomach longer, increasing the risk for reflux.

3. Don't smoke and stop if you do. In addition to a higher risk of cancer, lung disease & heart disease, smoking aggravates symptoms of GERD as it increases stomach acid production.

4. Avoid alcohol, caffeine and carbonated drinks. All of these increase the production of acid in the stomach and can exacerbate symptoms of GERD.

5. Don't lie down after eating. Gravity will take over and increase the likelihood of acid reflux.

6. Limit peppermint and chocolate as both lower esophageal sphincter pressure, which increases the risk for reflux.

Talk to Your Doctor

You may also want to talk to your doctor about medication for GERD. Typically these are medicines that reduce stomach acid such as TUMS, Rolaids or prescription medication.

I hope this information was helpful!

References

• An explanation of GERD from the National Library of Medicine and the National Institutes of Health.
• Gastroesophageal Reflux Disease (GERD), an overview from NetWellness.

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Top Weight Loss Products Exposed. Read This Before Buying...
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