

# HEARTBURN

## DID YOU KNOW...

- That awful burning feeling in your chest or throat is actually caused by your stomach acid hanging out in your esophagus.
- 50% of pregnant women suffer from heartburn.
- Sometimes heartburn starts in the first trimester and continues until birth.
- Most pregnant women only experience heartburn in the last trimester.

## WHAT DID I DO TO DESERVE THIS?

Digestion slows when you are pregnant.

- AND -

Pregnancy hormones and a growing uterus make it hard for your esophagus to keep stomach acid from coming back up.

## HOW CAN I END THE SUFFERING?

- Eat small meals throughout the day
- Chew your food slowly
- Figure out which foods cause the heartburn and avoid them
- Wait 3 hours before lying down after eating
- Try not to eat before bed
- Raise the head of your bed by about 30°
- Eat raw almonds and/or papaya throughout your day
- Drink dandelion leaf or red raspberry leaf tea
- Chew papaya enzymes (found at health food stores)
- Suck on slippery elm lozenges (found at health food stores)
- Talk to your midwife about the use of antacids or other over the counter drugs before buying them. Some may cause diarrhea or constipation!

### AVOID:

- Alka-Seltzer or baking soda
- Fried foods
- Fatty foods
- Tea
- Citrus
- Coffee
- Soda
- Chocolate
- Spicy foods
- Processed meats

