

## Helpful Tips for the Relief of GERD

- (1) Take a tablespoon of dried chia seeds in the mouth with just enough water to swallow. Wait five minutes, then drink a full glass of water.
- (2) Sleep with head propped up approximately six inches or more.
- (3) Habituate to sleeping on the left side.
- (4) For the immediate relief of discomfort, lay on the left side with left leg straight out. Bring right knee to the chest. This position brings gastrointestinal relief and releases gas.
- (5) Keep a glass of water with  $\frac{1}{4}$ -tsp of baking soda dissolved in it by your bed to drink if you wake up with discomfort.