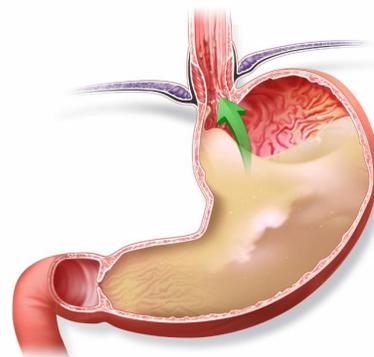


5 million Canadians experience **heartburn** and/or **acid regurgitation** at least once each week.



When acid from the stomach splashes up into the esophagus, it causes heartburn

Do you consistently experience a burning sensation in your chest or throat? Is this happening more than twice a week? If so, you may have GERD, or gastroesophageal reflux disease. GERD is a disorder affecting the valve between the esophagus (swallowing tube) and the stomach. When the valve doesn't close properly, contents from your stomach splash upwards (reflux) into the esophagus (as shown above). Dr. David Armstrong helps us better understand the reasons why we suffer from heartburn and GERD, offers strategies and reviews treatment options that could help you get relief from these symptoms.

Understand and relieve GERD symptoms

Managing troublesome reflux symptoms:

Acid reflux is a common problem that can cause bothersome symptoms. The good news is that simple lifestyle changes can help reduce them.

Try:

- waiting at least three hours after eating before lying down or going to bed



- elevating your head with an extra pillow when sleeping
- avoiding strenuous exercise such as heavy lifting and bending
- minimizing alcohol, tea, peppermint, tomatoes, greasy or spicy foods, citrus foods, and products that contain caffeine such as coffee and chocolate (sorry!).

Check out our tips to: [Manage GERD](#)

Missed the CDHF Healthy Gut Summit?

Access the Presentation's **NOW...** and anytime in the future

Click on the links below to revisit our educational sessions. Each session will remain available through CDHF.ca as well as our YouTube Channel.

- [Your Diet & Digestive Health](#) - Sandra Saville
- [IBS and Probiotics: Can They Help?](#) - Dragana Skokovic-Sunjic
- [IBD Treatments & Pregnancy](#) - Vivian Huang
- [Protecting Yourself from Colon Cancer](#) - David Armstrong



Canadian Digestive Health Foundation | 905.847.2002 | info@CDHF.ca | www.CDHF.ca



UNDERSTAND. TAKE CONTROL. LIVE BETTER.
Helping you take control of your digestive health with confidence & optimism.

**DONATE
TODAY**