



HEARTBURN IN PREGNANCY

Heartburn is the burning feeling that results from gastric juices coming up from the stomach into the esophagus (also called gastric reflux). During pregnancy, heartburn can increase because extra progesterone in your system, which is relaxing all the body's soft tissue to make birth easier, also causes the cardiac sphincter (a thickening of the circular smooth muscle layer) between the stomach and esophagus to relax, allowing gastric reflux to occur. Pressure from your expanding uterus below the stomach also contributes. Following are some tips for reducing or preventing heartburn:

- Avoid spicy and acidic foods and any foods you know cause heartburn when you are not pregnant
- Limit intake of carbohydrate foods
- Walk after meals
- Practice having good posture (to create more room)
- Don't eat a meal just before going to bed, and don't lie down after eating
- Try drinking milk before, during and after meals
- Try squeezing fresh lemon into your water
- Drink 2 tablespoons of apple cider vinegar in ½ cup of water just after eating
- If you normally drink with meals, try not eating and drinking at the same time
- Eat plain baked potatoes
- Eat yogurt or raw almonds after a meal
- Take papaya enzyme tablets (or raw papaya fruit or juice) or digestive enzyme tablets throughout the day, before and after eating
- Try a slippery elm lozenge after eating
- Try deglycyrrhizinated licorice, also called DGL (contraindicated if there is any concern about your blood pressure)
- Traditional Medicinals "Throat Coat" herb tea may help