



## Gastroesophageal Reflux Disease (GERD)

Health and Wellness

**Tip of the Week**  
**Week 24**  
**June 15, 2020**

Our Mission is to promote  
health awareness and  
encourage healthy lifestyles.

### The Gut Solution

If you suffer from gastroesophageal reflux disease (GERD), you are not alone. Over 20% of the U.S. suffers from GERD. Follow these steps to ease your symptoms:

- Talk to your doctor about medications
- Avoid spicy and acidic foods
- Don't eat close to bedtime
- Eat smaller meals
- Limit alcohol.

*Source: U.S. Department of Health and Human Services*

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