

5 TIPS TO CONTROL HEARTBURN



The hormone, progesterone, in pregnancy causes the valve between your stomach and esophagus to relax, which allows stomach acid to come back into the esophagus. It is typically most common during the third trimester because the uterus puts pressure on your intestines and stomach.



Eat smaller, more frequent meals

Eating smaller meals more frequently throughout the day can help prevent the stomach from becoming too full and triggering heartburn.

Avoid trigger foods

Certain foods can trigger heartburn, including spicy, fatty, and acidic foods. Avoiding these foods can help reduce the frequency and severity of heartburn.

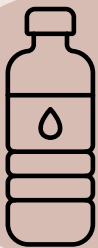


Eat slowly and chew your food well

Eating slowly and chewing your food well can help your body digest food more easily and reduce the risk of heartburn.

Stay upright after eating and moving your body daily

Lying down or bending over after eating can increase the risk of heartburn. Try to stay upright for at least an hour after eating. It's important to move your body daily to increase bowel motility.



Drink plenty of water

Drinking plenty of water can help neutralize stomach acid and reduce the risk of heartburn.

It's important to talk to your healthcare provider if your heartburn is severe or persists, as they may recommend medication to help relieve symptoms. Talk to your healthcare provider before trying any natural remedies.