



Around the Circle Midwifery, LLC

HEARTBURN REMEDIES

- Eat small, frequent meals
- Take 1 tablespoon apple cider vinegar before each meal
- Take papaya tablets, up to 6 with each meal
- Try eating raw almonds when heartburn symptoms appear
- Take Slippery Elm Bark powder (mixed with milk works well) or tablets
- Use Deglycerinated Licorice tablets (available at Randy's Compounding Pharmacy) when symptoms occur

- Avoid Tums and other antacids
- Avoid greasy foods
- Avoid tomatoes
- Don't eat immediately before bedtime; if possible wait 1-2 hours after eating before lying down
- Don't drink and eat at the same time; space them apart 20-30 minutes

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