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**GERD (Gastro-esophageal reflux disease)**

1. Take medications as prescribed
2. No eating or drinking 2 hours before bedtime
3. Raise head of bed 30 degrees
   1. Place cushion between mattress and box spring
   2. Place 4x4 (4inches tall) under top of bed legs. Drill holes for bed legs
4. Eliminate from diet
   1. Coffee
   2. Tea
   3. Pop / Soda
   4. Alcohol
   5. Chocolate
   6. Peppermint
   7. Spearmint
   8. “Spicy” foods
   9. Tomatoes and tomato based products (spaghetti sauce, etc.)