

## **Eliminate Antacid Intake By Eating More Fiber**

Sometimes it is the simple things that most elude us. These days, Americans take millions of little purple pills, antacid tablets, and other pharmaceutical remedies for indigestion and its more serious cousin, GERD. But recent research suggests that a simple diet change could hold the key to relief for many -- and there's no plopping or fizzing involved.

I'm talking about **eating more fiber**, just like your grandmother always tried to tell you. Apparently it helps with more than just regularity and constipation.

**A recent study found that participants who were identified as having GERD, and who followed a regular, high-fiber meal plan, were 20 percent less likely to experience GERD symptoms.** They also found that the higher the number of calories consumed and the more fat servings a person consumed, the more likely they were to experience GERD symptoms. Also, perhaps not surprisingly, they found a direct link between obesity and GERD.

I'm certainly not implying that only people who are overweight are at risk. But this study does imply that the correlation between a poor diet, obesity, and GERD should be taken as a warning bell for the millions of Americans who do fit into this category. And if bulking up on additional dietary fiber helps, this sounds like a no-brainer solution to me.

Keep in mind that while adding more fiber to your diet may help your symptoms of GERD, initially it might cause intestinal gas, abdominal bloating, and even cramping. Adding additional fiber is best done gradually to allow your digestive tract to adapt to the change. Also, you may want to increase the amount of water you drink each day since fiber works best when it absorbs water.