

REFLUX

A NATUROPATHIC GUIDE TO
SOOTHE, HEAL & RESTORE COMFORT



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www.askanaturopath.com



When your digestion is calm, your whole body feels at ease.
Soothing reflux starts with nurturing your gut and your lifestyle.



Reflux (GERD) happens when stomach acid flows back up into the oesophagus, causing irritation and discomfort. Common symptoms include heartburn, regurgitation, bloating and a sour taste in the mouth.

This e-book provides natural strategies and practical guidance to help you calm inflammation, support digestion and restore long-term digestive balance.



WHAT CONTRIBUTES TO REFLUX?

Many factors can irritate the digestive tract and weaken the lower oesophageal sphincter (LES), allowing acid to travel upwards.



Trigger foods (fatty, spicy, acidic, chocolate, caffeine, alcohol)



Weak or relaxed LES



Excess weight or abdominal pressure



Stress & poor stress management



Eating late at night or large meals



Medications (NSAIDs, some blood pressure medications)



Smoking



Poor digestion & slow stomach emptying

TYPES OF REFLUX

Reflux can look different for everyone.



ACID REFLUX

The most common type, caused by stomach acid.



SILENT REFLUX (LPR)

Acid travels up without heartburn, affecting the throat, voice & sinuses.



NIGHTTIME REFLUX

Symptoms are worse when lying down.



FUNCTIONAL REFLUX

Reflux symptoms without evidence of acid damage.



LIFESTYLE HABITS THAT HELP

- ✓ Eat smaller, balanced meals
- ✓ Chew food well and eat mindfully
- ✓ Avoid lying down for 2–3 hours after eating
- ✓ Elevate the head of your bed
- ✓ Wear loose, comfortable clothing
- ✓ Maintain a healthy weight
- ✓ Manage stress with deep breathing & movement
- ✓ Stay hydrated — sip water throughout the day
- ✓ Limit alcohol, caffeine & smoking
- ✓ Support regular bowel movements



BENEFITS OF A HEALTHY DIGESTION

- ✓ Reduces reflux, heartburn & regurgitation
- ✓ Supports a strong, well-functioning LES
- ✓ Improves nutrient absorption
- ✓ Reduces inflammation in the gut
- ✓ Enhances energy & mental clarity
- ✓ Supports healthy weight management
- ✓ Improves sleep quality
- ✓ Strengthens immunity
- ✓ Promotes overall wellbeing & comfort



*True healing happens when we address the root cause,
support the body and create daily habits that nourish and protect your digestive health.*



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Diagnosis, Management & Treatment of Reflux



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Managing reflux requires a holistic approach rather than relying on one single solution. Combining gentle diet changes, stress management techniques, mindful eating, gut healing and addressing underlying conditions is the naturopathic approach.



SUPPORTIVE THERAPIES

- **Mindful eating** – Slowing down at mealtimes, chewing food thoroughly, eating without distractions, and paying attention to fullness cues supports better digestion and reduces reflux episodes.
- **Stress management techniques** – Incorporating calming practices such as deep breathing, yoga, gentle stretching, meditation, or time in nature can reduce the frequency and intensity of symptoms.



LIFESTYLE

- Elevate the head of the bed slightly to prevent night-time reflux.
- Maintain a healthy weight, as extra abdominal pressure can worsen reflux.
- Reduce stress through breathing exercises, yoga, meditation, or gentle movement.
- Quit smoking if relevant, as it weakens the lower esophageal sphincter.
- Eating smaller, more frequent meals can also help ease pressure on the stomach.



MANAGEMENT

- Management focuses on reducing inflammation, stress management, gut health, probiotic health, acidity, liver and digestive capacity, promoting healing.
- Managing reflux aims to strengthen the valve between the stomach and esophagus as it may not close properly, allowing acid to escape.
- Address digestive imbalances such as low stomach acid, gall bladder insufficiencies delayed gastric emptying, or gut dysbiosis (imbalance in gut bacteria) can increase reflux risk.
- Addressing weight & abdominal pressure – Excess abdominal weight or tight clothing can increase pressure on the stomach, forcing contents upward.
- Medications & health conditions – Certain medications (like NSAIDs, some blood pressure meds) or conditions such as hiatal hernia can predispose to reflux.



NUTRITION

- Avoid common triggers such as fried or fatty foods, processed foods, spicy meals, caffeine, alcohol, chocolate, citrus, and tomatoes.
- Include soothing foods like steamed vegetables, non-citrus fruits, oats, lean protein, and slippery elm tea.
- Focus on calming meals (steamed vegetables, lean proteins, miso soup, broths, smoothies, vegetable juices, & herbal teas).
- Reduce caffeine and alcohol.
- Bananas or cooked apples – Naturally gentle, slightly alkaline foods that can ease mild heartburn in acute cases.



SUPPLEMENTATION

- Slippery elm to soothe the esophageal lining.
- Aloe vera juice (inner leaf only, not the laxative latex) for digestive support.
- Digestive enzymes or bitters before meals to improve food breakdown (if tolerated).
- Magnesium and probiotics to support healthy digestion & reduce inflammation.
- Marshmallow is a demulcent herb to help reduce acidity & protect the oesophagus from the stomach acid. Other soothing herbs are Licorice and Chamomile. Improve digestion with bitters – Meadowsweet, gentian and dandelion as well as digestive enzymes.
- Homeopathic remedies like Nux vomica or Carbo vegetabilis are sometimes used in homeopathy for reflux, depending on individual presentation and triggers.



DIAGNOSIS

Reflux is usually diagnosed based on a person's symptoms and medical history, especially if there are frequent complaints of heartburn, regurgitation, or discomfort after meals. A doctor will often start with a physical examination and ask questions about lifestyle habits, diet, and the frequency of symptoms.

If further testing is needed, common diagnostic tools include endoscopy (a camera to view the esophagus and stomach), pH monitoring (measuring acid levels in the esophagus), and esophageal manometry (checking muscle function of the esophagus and lower esophageal sphincter). In some cases, imaging tests like a barium swallow X-ray may also be used to detect reflux and related issues. These tests help confirm the diagnosis and rule out other conditions with similar symptoms.

With the right combination of diet changes, lifestyle adjustments, and targeted supplementation, reflux symptoms can gradually ease, supporting long-term digestive balance and healing.



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SMART STEPS FOR REFLUX

- ✓ Eat smaller meals – large meals put pressure on the stomach and increase reflux risk.
- ✓ Avoid lying down after eating – wait at least 2–3 hours before going to bed.
- ✓ Raise the head of your bed – sleeping slightly elevated can reduce nighttime reflux.
- ✓ Maintain a healthy weight – extra abdominal pressure can worsen reflux symptoms.
- ✓ Limit trigger foods – such as spicy meals, citrus, tomato, fried foods, caffeine, alcohol, and chocolate.
- ✓ Chew food thoroughly and eat slowly – supports digestion and reduces reflux flare-ups.
- ✓ Stay hydrated between meals – sip water throughout the day, but avoid drinking large amounts with meals.
- ✓ Wear loose-fitting clothing – tight waistbands can increase stomach pressure.
- ✓ Practice stress management – stress can worsen digestive symptoms; try breathing exercises, yoga, or meditation.
- ✓ Avoid smoking – it weakens the lower esophageal sphincter and increases reflux.
- ✗ Don't eat large or heavy meals, especially late at night.
- ✗ Don't lie down or go to bed straight after eating.
- ✗ Don't wear tight clothing around your stomach, as it increases pressure.
- ✗ Don't overconsume caffeine, alcohol, or carbonated drinks.
- ✗ Don't smoke, as it weakens the lower esophageal sphincter.
- ✗ Don't eat too quickly or skip chewing food thoroughly.
- ✗ Don't rely heavily on processed or fatty foods.
- ✗ Don't ignore stress, as it can worsen reflux symptoms.
- ✗ Don't overuse painkillers like NSAIDs (e.g., ibuprofen), as they may irritate the stomach.
- ✗ Don't dismiss persistent reflux symptoms—ongoing issues should be checked by a healthcare professional.

REDUCE REFLUX



NATURAL REMEDIES FOR BETTER DIGESTION

- Bitter herbs such as Dandelion, Bitter melon, Citrus peel, Fennel, Ginger, Peppermint, Golden Seal, Cardamon, Radish seed, Gentian, Cinnamon, Chamomile, Agrimony and Meadowsweet
- Slippery elm is a gentle demulcent to soothe the digestion, promote healthy assimilation of nutrients and improve bowel health
- Digestive enzyme supplements may help to reduce symptoms of bloating, constipation and inefficient digestion
- Probiotics are important for not only the health of the gut and bowels but can also improve the way your body digests and absorbs food



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DAILY ROUTINE



Morning:

- Start the day with a glass of warm water with a squeeze of lemon juice to gently wake up digestion.
- Take a digestive enzyme supplement to support digestion before eating breakfast and some slippery elm powder.
- Have a light, easy-to-digest breakfast (oats, non-citrus fruit, or a smoothie with gentle ingredients).



Midday:

- Take a digestive enzyme supplement to support digestion before eating lunch and some slippery elm powder.
- Eat a moderate lunch, avoiding fried, spicy, or acidic foods.
- Take a short walk after eating to support digestion and prevent reflux.
- Drink herbal teas like chamomile or ginger if you feel mild discomfort.



Afternoon:

- Stay hydrated, sipping water throughout the day or herbal tea such as Peppermint and Ginger.
- Practice mindful breaks – stretch, breathe, or meditate for a few minutes.
- Have some Aloe Vera juice in the afternoon to soothe the digestive tract.
- Have a vegetable juice each day (beetroot, carrot, celery, turmeric and ginger), these encourage liver detoxification, alkalise and cleanse the digestive tract, provide antioxidants and promote digestion (enzymes).



Evening:

- Take a digestive enzyme supplement to support digestion before eating dinner and some slippery elm powder.
- Have a light dinner at least 2–3 hours before bedtime, focusing on steamed vegetables, lean protein, and gentle grains.
- Practice 5–10 minutes of deep breathing or gentle stretching to reduce stress and prepare for sleep time.
- Take a probiotic and Magnesium supplement before retiring.

TIPS FOR BETTER DIGESTION

- Adopt an anti-inflammatory diet
- Stay hydrated
- Limit processed foods
- Incorporate Omega-3 Fatty Acids
- Get regular exercise
- Practice stress management
- Prioritise sleep
- Maintain a healthy weight
- Avoid smoking and limit alcohol
- Incorporate Anti-Inflammatory herbs & spices
- Engage in social activities
- Limit added sugars
- Consider anti-inflammatory supplements
- Stay mindful of food allergies & intolerances



ANTI-INFLAMMATORY SUPPORT PROGRAM

A complete approach to calm your mind, regulate stress and restore deep, restful sleep.



Nutritional strategies to balance cortisol and support sleep hormones



Stress management tools to calm your nervous system



Herbal and nutritional support for relaxation and sleep quality



Lifestyle practices to build resilience and support a healthy circadian rhythm



Personalised guidance to help you sleep better and wake refreshed



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ANTI-INFLAMMATORY DIET



Eating well is important. It's part of life, especially if you want to reduce inflammation. It's part of a routine. Each day is an opportunity to improve your mental health by taking small steps towards eating, moving, living, breathing better. Go easy on yourself, change doesn't usually happen overnight. Take small steps to improve your diet for long term health.



MINDFUL EATING

If you concentrate on what you're eating, you'll probably eat more healthily. For example, people who eat while watching television tend to eat too much at one sitting. Practising mindfulness and being aware of what you are doing has its own benefits.



WATER

Drinking plenty of water helps prevent dehydration. Mild dehydration can make you irritable. Drinking sufficient filtered water (herbal tea, plain water, iced teas) can help to nourish the brain and reduce feelings of depression.



THINK FISH

Long chain omega-3 fatty acids are good for your mental health, brain and nervous system. Omega 3 oils help to reduce inflammation which is often a trigger for gut/ brain issues. You get them in oily fish like tuna, salmon, mackerel, perch, herring and sardines.



HERBS & SPICES

Incorporate herbs and spices – turmeric, ginger, garlic, and cinnamon have strong natural anti-inflammatory properties. Utilising more herbs and spices is also a great way to boost the nutritional value of foods and antioxidant status.



ALCOHOL

Go easy on the alcohol. Alcohol is a depressant. While it can make you feel good for a while, drinking too much alcohol can affect your mental and physical health. If you drink alcohol, it's best to drink in moderation. Alcohol will also contribute to inflammation.



EAT THE RAINBOW

Eat plenty of colorful vegetables and fruits – rich in antioxidants and phytonutrients that calm inflammation. These foods also promote healing of the tissues while providing antioxidants to reduce further damage.



FOOD SWAPS

Choose whole grains over refined carbs – oats, quinoa, and brown rice support balanced blood sugar and reduce inflammatory spikes. Think of healthy food swaps and take it slowly so that you create healthy habits rather than short term fads that you probably won't stick to.

BENEFITS OF THE ANTI-INFLAMMATORY DIET

- ✓ keep the gut healthy
- ✓ reduce your chances of developing a chronic inflammatory condition
- ✓ experience more energy
- ✓ reduce chronic pain
- ✓ improve mental attitude
- ✓ lighten symptoms of depression
- ✓ better sleep
- ✓ reduced stress levels
- ✓ live a healthier and happier life



Anti-inflammatory diet

- ✓ berries
- ✓ raw cacao
- ✓ ginger & turmeric
- ✓ green leafy vegetables
- ✓ lemon & grapefruit juice
- ✓ green tea, rooibos tea, turmeric tea
- ✓ wild caught oily fish
- ✓ extra virgin olive oil
- ✓ plenty of filtered water



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Resources



Food/ symptom tracker

Keep track of the food, drink and other substances you consume, as well as any symptoms, to see if a pattern is occurring.

Foods Per Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast (time/what/amount)							
Snack (time/what/amount)							
Lunch (time/what/amount)							
Snack (time/what/amount)							
Dinner (time/what/amount)							
Snack (time/what/amount)							
Symptoms and Other Comments (when/what/how bad)							



Create symbols and shorthand to make this easier 😊 😞



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Recipes



LIVER DETOX JUICE RECIPE

- 1 beetroot
- 1 handful bitter green leaves (rocket, dandelion greens, endive etc)
- 1 lemon
- 2 carrots
- 1 small knob of turmeric



GREEN HYDRATOR JUICE RECIPE

- 1 cup coconut water
- 1 green apple
- 1 cucumber
- 1/2 lemon
- handful english spinach



CLEANSING GREEN JUICE RECIPE

- 2 celery stalks
- 1 green apple
- handful of kale
- 1 cucumber
- 2 slices of fresh pineapple
- 1 small knob of turmeric
- 1 small knob of ginger
- 1/2 lemon



Alkalising Vegetable Juice Recipe

- 2 celery stalks
- 2 carrots
- 1 apple
- 1 beetroot
- 1 knob of ginger
- 1 knob of turmeric
- handful parsley



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REFLUX PROTOCOL

SUPPLEMENT STACKS



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Targeted combinations to soothe the digestive tract,
reduce acid reflux, heal the gut lining & restore balance

POWERFUL SUPPLEMENT STACK FOR REFLUX RELIEF



ACID CALMING & GUT HEALING STACK

Best for:

Soothing the oesophagus & stomach
lining, reducing irritation, burning
& acid reflux symptoms

BUY NOW



1 G.I REVIVE™

Supports gut lining repair, reduces
inflammation & promotes healthy
digestion.



2 ALOE VERA JUICE

Soothes and calms the digestive
tract, helps to relieve irritation and
support mucosal healing.



3 BIOME ADVANCED PROBIOTIC

Restores healthy gut flora, supports
digestion, reduces bloating and
strengthens gut barrier function.



4 DIGESTIVE ENZYMES

Helps break down food more efficiently,
reduces digestive stress and minimises
reflux triggers.



5 PHGG (GUAR GUM PREBIOTIC)

Feeds beneficial bacteria, supports regularity,
improves gut microbiome balance and
reduces inflammation.



HOW TO USE SUPPLEMENT STACK



Take supplements
consistently
for best results.



Follow timing
guidelines – take
each at the right
time for maximum
benefit.



Take with water
and a light snack
if needed.



Start with one
stack at a time
and monitor
your response.



Listen to your body
and adjust as
needed.



Consult a qualified
naturopath for
personalised advice.

LIFESTYLE + SUPPLEMENTS = BEST RESULTS



Elevate the head
of your bed



Eat smaller
meals.



Manage stress
daily.



Avoid trigger foods
(spicy, acidic,
caffeine, alcohol)



Walk after
meals.



Chew food
thoroughly



Stay hydrated
throughout
the day.



Reflux doesn't have to be your normal.
Heal your gut, calm inflammation & support digestion
so you can enjoy food and feel your best every day.



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