

8 Tips to **control acidity**





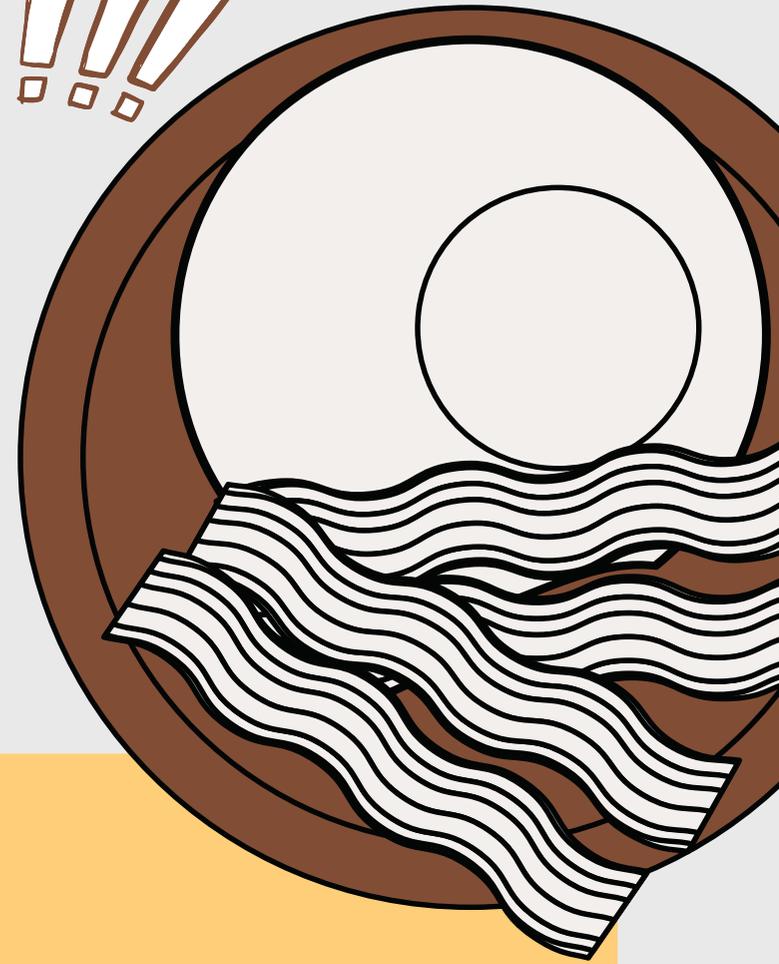
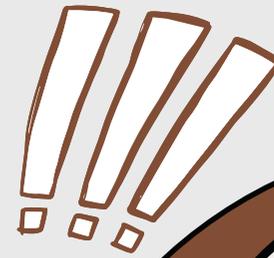
Coffee or Chai intake



Have herbal tea or coconut water.

Herbal tea helps repair the stomach lining and ease excess gas.

Coconut water contains electrolytes that promote pH balance and control acid reflux.



Skipping breakfast



Have a good number of fresh fruits(non-citric) such as melons and bananas as they are easy to digest, are low in Ph, and high in nutrients.



Drinking alcohol



Drink more water to keep yourself hydrated.

Water neutralizes acids and washes them out of the oesophagus.



Long breaks between two meals



Short meals every 2-3 hours give a steady food supply to your stomach, preventing spikes in acid production.



Fried foods



Have oatmeal, whole grains & nuts.

These can ease reflux symptoms due to their high-fiber content and nutrients which help absorb stomach acid.



Sitting down right after your meals



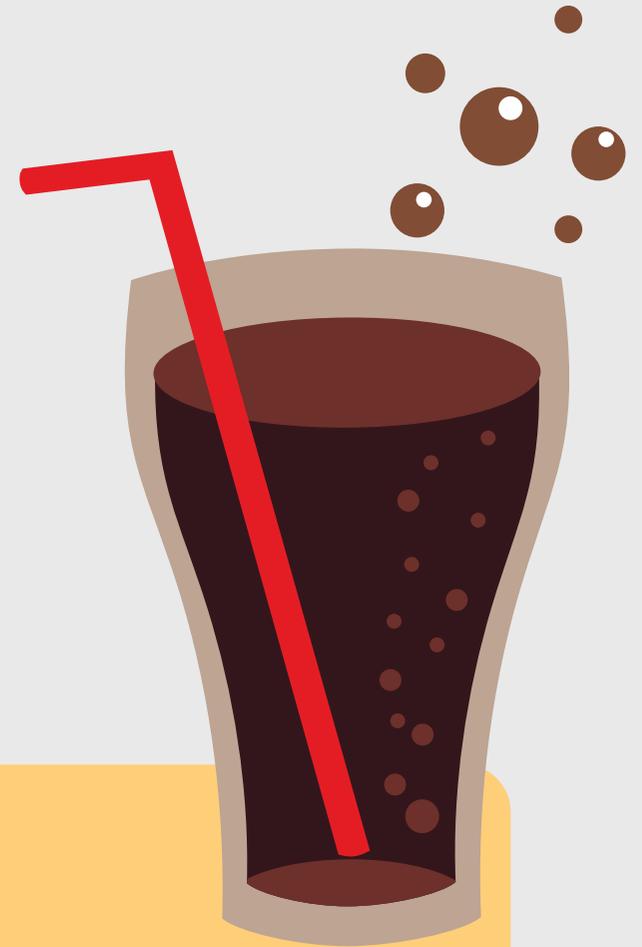
Take a walk.

Walking quickens the digestion process, which prevents problems like bloating.





Having carbonated drinks

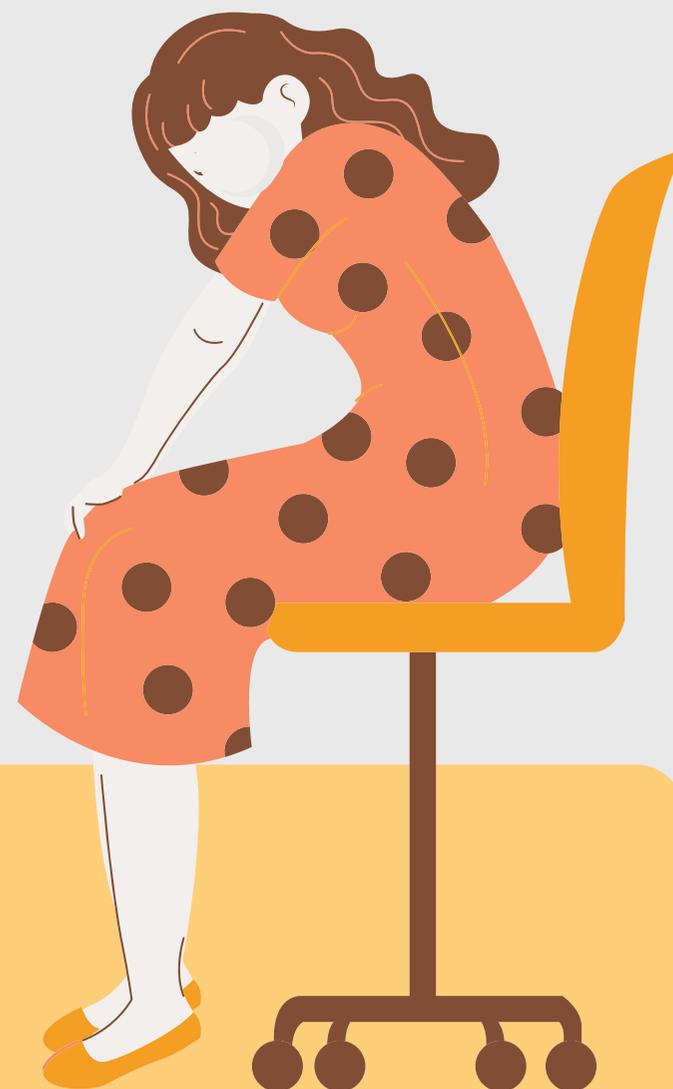


Drink plant-based milk.

It is low in fat and helps ease heartburn and reflux.



Slouching in your seat



Sit upright.

Standing or sitting upright prevents stomach contents from rising into the oesophagus, thus easing acid reflux.

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