

AVOID THESE FOODS AND DRUGS THAT CAN CAUSE HEARTBURN

Lower Esophageal Sphincter Weakeners	Esophageal Irritants
<p>Foods</p> <ul style="list-style-type: none"> • Fats • Chocolate • Coffee • Mints, especially peppermint and spearmint • Sugar • Alcohol • Onions • Food Intolerances & Sensitivities <p>Drugs</p> <ul style="list-style-type: none"> • Cigarettes • Bronchodilators • NSAIDs • Calcium Channel Blockers • Beta-Blockers • Diazepam (Valium) • Nitrates • Demerol 	<p>Foods</p> <ul style="list-style-type: none"> • Citrus fruits and juices • Tomato-based foods • Spicy foods • Coffee • Carbonated drinks • Histamine Rich Foods <p>Drugs</p> <ul style="list-style-type: none"> • Aspirin • NSAIDs • Tetracycline • Quinidine • Potassium chloride tablets • Iron salts

**Chart courtesy of "Why Stomach Acid is Good for You", Jonathan V. Wriarth, MD, and Lane Lenard, Ph.D.