

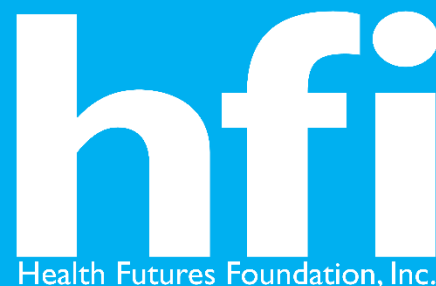
HEARTBURN (INDIGESTION)

Supportive Management

- Don't go to bed with full stomach. Eat meals at least 2-3 hours before lying down.
- Don't overeat – eat small frequent meals (4-5 small meals a day) instead of 3 large ones.
- Eat slowly.
- Wear loose-fitting clothes.
- Avoid heart-burn triggers (e.g. caffeine, chocolate, citrus fruits and juices, tomato-based food and sauces, carbonated beverages, fatty and fried foods, and spicy foods). Keep a heartburn diary to note personal triggers.
- Stop smoking, as nicotine weakens the lower esophageal sphincter.
- When lying down, raise head of bed so that the head and chest are higher than the feet (elevate head of bed by 6-8 inches).
- Maintain a healthy weight. Calculate body mass index (BMI) and see if it's within normal range (18.5 to 24.99). If BMI is greater than 24.99, take steps to reduce weight. Lose weight gradually, around 0.5 – 1 kg per week. (Note: BMI can be calculated using the formula: kg/meter^2)

Herbal Medicine

- **Luya (Ginger) Decoction – Salabat**
 - Boil three middle-finger-sized luya in 3 glasses of water. Boil in low heat for 15 minute. Strain and serve. May add calamansi and honey for flavor.
- **Luyang Dilaw (Turmeric) Decoction**
 - Boil a thumb-sized piece of rhizome in a glass of water. Drink decoction 3 times a day.
- **Strong Ginger Tincture**
 - This is intended to be used only by adults only. Keep it away from children.
 - Fill a jar with 50 gram peeled fresh ginger. Pour 90% of alcohol (e.g. tuba) over the top to make 100 mL. Shake the jar well. Keep the jar stored in a dark cabinet and shake periodically for two weeks. After two to three weeks, strain and store the ginger tincture in a cool, dark place. For use, take 0.25 to 0.5 mL.
- **Alagaw Leaves Decoction**
 - Boil 2 tablespoons of dried chopped alagaw leaves in 1 glass of water for 15 minutes. Drink lukewarm. For children ages 7-12, give half the recommended dose.



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POSSIBLE

HEARTBURN (INDIGESTION)

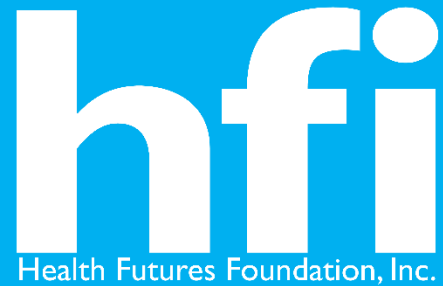
Herbal Medicine

- **Anis Infusion**

- Soak ¼ teaspoon of the dried crushed fruit in ½ cup of hot water for 30 minutes. Drink the infusion.

- **Balanoy Leaves Decoction**

- For adults, boil 1 teaspoon of dried crushed leaves in 1 cup of water for 15 minutes. Cool, strain, and drink.



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