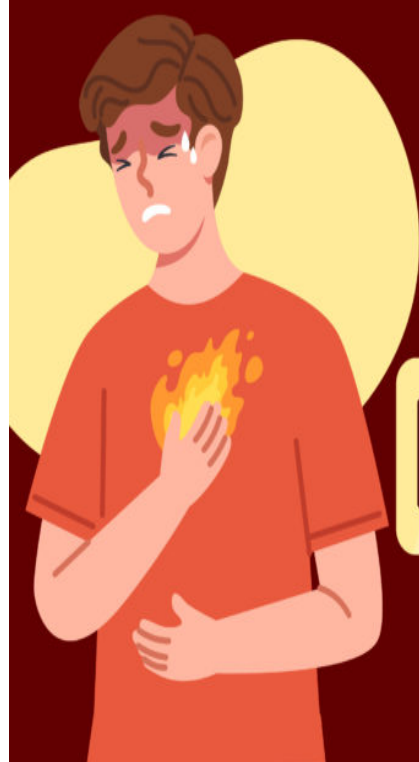


LIFESTYLE CHANGES FOR HEARTBURN IN TEENS



Avoid laying down for two to three hours after a meal

Eat multiple small meals than a few large meals



Find ways to manage or reduce stress

Avoid clothes that are too tight on the waist



Raise head a few inches on pillows while sleeping

Maintain a healthy weight



Reference:

Gastroesophageal Reflux Disease (GERD) In Teens And Children; Permenante Medicine