**Natural Remedies for Heartburn**

**Know which foods and drinks to avoid**

No matter what your weight, there are certain [known trigger foods and drinks](https://www.healthline.com/health/gerd/triggers) that can increase your risk for acid reflux. With GERD, you should be especially wary of items that can lead to symptoms. Try avoiding [the following foods and beverages](https://www.healthline.com/health/gerd/foods-to-avoid):

* tomato sauce and other tomato-based products
* high-fat foods, such as [fast food products](https://www.healthline.com/health/fast-food-effects-on-body) and greasy foods
* [fried foods](https://www.healthline.com/nutrition/why-fried-foods-are-bad)
* citrus fruit juices
* soda
* [caffeine](https://www.healthline.com/health/gerd/coffee-tea)
* [chocolate](https://www.healthline.com/health/digestive-health/chocolate-and-acid-reflux)
* [garlic](https://www.healthline.com/health/digestive-health/garlic-acid-reflux)
* onions
* mint
* [alcohol](https://www.healthline.com/health/alcohol/effects-on-body)

By limiting or avoiding these triggers altogether, you may experience fewer symptoms. You may also want to keep a food journal to help identify problem foods.

## Eat a little, sit up a little longer

Eating smaller meals puts less pressure on the stomach, which can prevent the backflow of stomach acids. By eating smaller amounts of food more frequently, you can reduce heartburn andeat fewer calories overall.

It’s also important to avoid lying down after eating. Doing so can trigger heartburn.

The [National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)](https://www.niddk.nih.gov/health-information/digestive-diseases/acid-reflux-ger-gerd-adults/treatment) recommends waiting three hours after eating. Once you go to bed, try elevating your head with pillows to avoid night time heartburn.

## Eat foods that help

There’s no one magic food that can treat acid reflux. Still, in addition to avoiding trigger foods, a few other dietary changes can help.

First, the [American Academy of Family Physicians](https://familydoctor.org/condition/heartburn) recommends low-fat, [high-protein](https://www.healthline.com/nutrition/20-delicious-high-protein-foods) meals. Reducing dietary fat intake can subsequently decrease your symptoms, while getting enough [protein](https://www.healthline.com/nutrition/how-much-protein-per-day) and [fiber](https://www.healthline.com/health/food-nutrition/how-much-fiber-per-day) will keep you full and prevent overeating.

[Try incorporating some of these foods into your diet to help your acid reflux.](https://www.healthline.com/health/gerd/diet-nutrition) After each meal, you may even consider [chewing non-mint gum](https://www.healthline.com/health/digestive-health/chewing-gum-acid-reflux). This can help increase saliva in your mouth and keep acid out of the oesophagus.

The following herbs have been used for GERD:

* [chamomile](https://www.healthline.com/health/digestive-health/chamomile-tea-acid-reflux)
* [licorice](https://www.healthline.com/health/digestive-health/dgl-for-acid-reflux)
* [marshmallow](https://www.healthline.com/health/food-nutrition/marshmallow-root)
* [slippery elm](https://www.healthline.com/health/digestive-health/slippery-elm-for-acid-reflux)

These are available in supplement and tincture form, as well as [teas](https://www.healthline.com/health/gerd/beverages).

The downside to these herbs is that there aren’t enough studies to prove that they can actually treat GERD. Furthermore, they might interfere with medications you may take — check with a doctor before use.

The U.S. Food and Drug Administration (FDA) FDA doesn’t monitor herbs and supplements.

However, personal testimonials report that herbs can be a natural and effective way to reduce the symptoms of GERD. Be sure to purchase herbs from a reputable source.

## Avoid tight clothing

There’s nothing wrong with wearing tight clothing — that is, unless you’re experiencing GERD symptoms.

Wearing clothes that are too tight can increase acid reflux episodes. This is especially the case with tight bottoms and belts: Both place unnecessary pressure on the abdomen, thereby contributing to your heartburn risk. For the sake of acid reflux, loosen up your clothing.

## Loosen clothing

Heartburn happens when the contents of your stomach rise up into your [esophagus](https://www.healthline.com/human-body-maps/esophagus), where stomach acids can burn the tissue.

In some cases, you might be having an episode of heartburn because tight clothing is compressing your stomach.

If that’s the case, the first thing to do is loosen your belt — or your pants, dress, or whatever else is holding you tight.

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## Elevate your upper body

Lying down can make heartburn worse. When it comes time for bed, adjust your sleeping surface to raise your upper body.

According to the [Mayo Clinic](http://www.mayoclinic.org/diseases-conditions/heartburn/basics/lifestyle-home-remedies/con-20019545), lifting your head with extra pillows isn’t usually enough. Instead, the goal is to elevate your body from the waist up.

If you have an adjustable bed, set it at a suitable angle to provide relief. If your bed isn’t adjustable, you can change the angle of your sleeping surface by using a [wedge pillow](https://www.healthline.com/health/gerd/wedge-pillows).

## Mix baking soda with water

You might have a heartburn remedy at hand in your kitchen without even knowing it. [Baking soda](https://www.healthline.com/health/gerd/baking-soda) can calm some episodes of heartburn by neutralizing your stomach acid.

To do this, dissolve a teaspoon of baking soda in a glass of water and drink it slowly. In fact, you should drink everything slowly when you have heartburn.

## Sip apple cider vinegar

[Apple cider vinegar](https://www.healthline.com/health/digestive-health/apple-cider-vinegar-for-acid-reflux) is another home remedy that some people use to treat heartburn, believing that it may neutralize stomach acid.

One researcher [suggested](https://repository.asu.edu/attachments/166181/content/Yeh_asu_0010N_15671.pdf) that drinking diluted apple cider vinegar after a meal may help alleviate heartburn for some people. However, these effects didn’t reach the level of statistical significance, so more research is needed.

If you decide to try this remedy, dilute the apple cider vinegar with water and drink it after your meal.

## Try ginger

[Ginger](https://www.healthline.com/health/digestive-health/ginger-for-acid-reflux) has been used as a folk remedy for heartburn for centuries. Ginger can help releive nausea, so some believe it may be worth trying for heartburn, too.

Consider adding grated or diced ginger root to your favourite stir-fry recipes, soups, and other foods. To make ginger tea, steep raw ginger root, dried ginger root, or ginger tea bags in boiling water.

It’s probably best to avoid ginger ale, though. Carbonated beverages are a common heartburn trigger, and most brands of ginger ale are made with artificial flavouring rather than the real thing.

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## Stand up straight

Your posture can also contribute to heartburn. If you’re sitting or lying down, try standing up. If you’re already standing, try standing up more straight.

An upright posture puts less pressure on your lower oesophageal sphincter (LES). Your LES is a ring of muscle that helps stop stomach acid from rising into your oesophagus.

## Take licorice supplements

[Licorice root](https://www.healthline.com/health/licorice-the-sweet-root) is another folk remedy that’s been used to treat heartburn. It’s believed that it might help increase the mucous coating of your oesophageal lining, which may protect your oesophagus from damage caused by stomach acid.

[Deglycyrrhizinated licorice (DGL)](https://www.healthline.com/health/digestive-health/dgl-for-acid-reflux) is a supplement that contains licorice that’s been processed to remove much of its glycyrrhizin, a compound that can cause adverse side effects.

Eating too much licorice or DGL [may](https://nccih.nih.gov/health/licoriceroot) raise your blood pressure, lower your potassium levels, and interfere with certain medications. Always talk to your doctor before taking licorice or DGL supplements.