

The Blaine Block Institute for Voice Analysis & Rehabilitation

Management of Laryngopharyngeal Reflux (LPR)

Volume 1, Issue 4

December 2008

The season of gluttony is upon us and many of us tend to overindulge or eat things we normally would not. If you suffer from silent reflux (LPR), here are some guidelines to help keep you reflux-free during the holiday's.

Avoid the following:

- Carbonated beverages
- Caffeinated beverages
- Coffee (decaf and regular)
- Acidic fruits and beverages including orange, grapefruit, pineapple, lemon, and lime
- Tomatoes and tomato products (examples: spaghetti sauce, BBQ sauce, pizza, salsa, ketchup)
- Raw peppers and onions
- High potency mint and/or menthol products
- Chocolate
- Spicy foods (examples: jalepeños, red pepper, cayenne pepper, chili powder, curry)
- Deep fried and/or fatty foods (examples: peanut butter, fast foods, heavy cheese sauces)

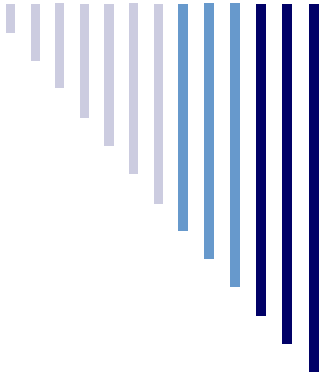
What you may have:

- Breads, rice, whole grains, pasta, cereal
- Milk products (if you're not lactose intolerant)
- Melons, berries, apples, pears, bananas, grapes, plums, apricots, peaches, mangos
- Any fish, lean beef, chicken, lean pork, turkey that is either baked, grilled or broiled
- Eggs
- Vegetables, cooked or raw (see exceptions above)

Add the following changes to your daily routine:

- Avoid singing for 1-2 hours after eating
- Stop all tobacco use
- Do not exercise or lay down for at least 3-4 hours after eating
- Do not over-eat at mealtime (rather, have several small meals throughout the day)
- Avoid bending over right after eating
- Avoid tight-fitting clothing that may apply more pressure on the abdomen
- Maintain an appropriate body weight
- Elevate the head of your bed by placing bed risers under the head board or use a chiropractic wedge pillow while sleeping
- Check with your doctor about the appropriate time to take your medication for maximum benefit
- Plan your meals ahead of time and modify your favorite recipes to reflect reflux dietary guidelines
- Reduce stress

IF YOU ARE INTERESTED IN SOME MEAL OPTIONS, CHECK OUT **CHRONIC HEARTBURN**, BY BARBARA WENDLAND & LISA RUFFOLO. THERE ARE OVER 100 REFLUX-FRIENDLY RECIPES IN THIS BOOK.



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