

# Holiday Health Hints

## Survey Reveals Heartburn Sufferers Experience More Heartburn During The Holidays

(NAPSA)—For more than 60 million Americans, heartburn is a daily challenge. Finally, through expert tips and simple lifestyle modifications, sufferers can find relief.

A recent survey conducted on behalf of the National Heartburn Alliance (NHBA) shows nearly 40 percent of people experience an increase in heartburn symptoms during the holiday season. Additionally, 53 percent of respondents said they would enjoy the holidays more if they didn't have to worry about heartburn.

"People tend to overindulge in holiday meals," explains Pat Baird, registered dietitian and NHBA Board member.

"By incorporating lifestyle changes into their diets, heartburn sufferers can learn to alleviate symptoms so they can enjoy the holidays." Baird offers these tips for a "heartburn friendly" holiday season:

- **Don't overindulge.** Let yourself eat your favorite holiday foods, but try smaller portions.

Keep in mind that too much of a good thing can lead to heartburn.

- **Avoid heartburn triggers.** Red wine, foods with high fat content and spices are just a few common heartburn triggers.

- **Control late-night munchies.** Try not to eat late at night or right before going to bed to decrease your chances of suffering from nighttime heartburn.

- **Keep your cool.** Stress levels may increase during the holidays. Relax by taking a few moments for yourself each day.



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Consider taking a 10-minute walk after a holiday dinner for some stress-free quiet time.

- **Moderation is the key.** From Thanksgiving through New Year's Eve and beyond, holiday celebrations and alcoholic beverages are plentiful. If you're going to drink, choose cocktails that are easier on the tummy, such as a wine spritzer (white wine and club soda).

The NHBA is an organization of health care professionals dedicated to improving the lives of heartburn sufferers through education, information and support. As part of its outreach, the NHBA encourages people to ask for a heartburn screening from their health care professional and to get the information they need to eliminate symptoms. The NHBA also offers free brochures that are available in both English and Spanish and offers heartburn friendly recipes and cooking techniques at [www.HeartburnAlliance.org](http://www.HeartburnAlliance.org).