



Suffering from Acid reflux / Nasal Allergy?

Tips and home remedies to avoid acid reflux burnout and nasal allergy with ease.

To live a healthy life requires taking care of your well-being and adopting a healthy lifestyle and healthy habits:

1. Avoid spicy food since it worsens acid reflux and also causes stomach ulcers and gastritis.
2. Reduce your intake of oily/fried/junk foods, and excessive amounts of coffee, tea, and alcohol (no more than two cups per day), which can harm your organs, cause you to gain weight, and raise your risk of acid reflux and snoring (especially alcohol intake)
3. Avoid chocolates, soft drinks, and soda, as well as sour foods, since they are high in calories, salt, and saturated fats. This increases the chances of acid reflux.
4. Regular meals at regular intervals improve metabolism, provide a more steady energy supply, and lower the risk of becoming acidic and gaining weight as a result of binge eating.
5. Food must be taken at least 2 hours before bedtime, as it takes a minimum of 2 hours for the stomach to empty out, or you are likely to develop acid reflux and end up choking or coughing during sleep.
6. Water should be consumed 30 minutes before bed since it takes at least 30 minutes for it to reach the intestines; this keeps you hydrated throughout the night and helps your body get rid of harmful toxins
7. Salt water gargling, which is to be done with 2 tsp of salt in 100 ml of water (a very high concentration of salt), helps to reduce throat swelling, which in turn lessens throat irritation, soreness, dry coughing, and nose block.
8. Steam is the most effective mucolytic, it is imperative to inhale steam using pure water (without adding anything to it), boiling water on a stove, or using an electric vaporizer (mucous solvent). This aids in clearing up the ENT region's

congestion.

9. Your bed should be inclined. Avoid sleeping on a flat mattress. Sleep in an inclined/sloped position by raising the head end of the bed up to 6 inches (15 cm. to 20 cm.) by putting newspaper bundles or a pillow under the head end of your mattress. This encourages you to avoid breathing through your mouth as you sleep in order to optimize your nasal breathing while also preventing congestion.



10. Do not wear tight-fitting clothes, especially around the chest and waist, which put more pressure on the stomach, which can lead to acid reflux and make it harder to breathe. Your body temperature can rise when you dress tightly, which is not ideal for good-quality sleep.

11. Lose weight if you're overweight or obese, as it will help reduce acid reflux and snoring too.

12. Avoid direct cold air from AC vents, which can cause sinus/asthma-related problems. Regularly clean the AC vents, as bad air quality (if the vents aren't cleaned well) will aggravate nasal allergies.

13. Avoid triggers of allergies like dust, smoke, pollution, pollen, perfumes, deodorant sprays, and aerosols. Avoiding contact with pets helps control nasal allergies as animal dander is one of the common allergens

14. While riding a bike, wear a helmet that covers your face partly or wholly, as it protects your head from an accident and also prevents pollution and dust from coming in contact with your face and ENT.

15. Both warm and cold compresses can relieve pain from any part of the body (As recommended by your doctor)

16. Regular cleaning of Bedsheets in Hot water and drying in sunlight helps reduce nasal allergies from cotton threads

17. Stop smoking -as it increases the chances of suffering from cancer and triggers all sorts of allergies with gastritis

18. Reduce stress, because stress is a known factor to induce acidity/ acid reflux

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