

QuickQuiz

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| Q1. Can drinking cabbage juice help indigestion? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Q2. Does peppermint help? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Q3. Is it true eating pastry products has no effect on heartburn or indigestion? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Q4. Does eating acidic food exacerbate my heartburn or indigestion? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Q5. Could drinking ginger tea help with indigestion? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |
| Q6. Does apple cider vinegar help with heartburn or indigestion? | Yes <input type="checkbox"/> | No <input type="checkbox"/> |

Answers

Q1. Yes. Cabbage juice contains a compound that aids the digestive function of the gut, so could benefit indigestion (although you might want to mix it with apple or another vegetable juice because of its strong taste - 1 part cabbage to 3 parts other juice).

Q2. No, except for chewing gum. Do not take peppermint, peppermint capsules or drink peppermint tea if you have heartburn or a hiatus hernia. Peppermint can relax the sphincter between the stomach and oesophagus, which could allow stomach acids to flow back into the oesophagus. (The sphincter is the muscle that separates the oesophagus from the stomach.) By relaxing the sphincter, peppermint may actually make the symptoms of heartburn and indigestion worse. If your experience is that peppermint tea works on your reflux symptoms, then continue rather than avoid. On the other hand there is some evidence that chewing gum (including peppermint flavor gum) can be helpful.

QuickQuiz

Answers

Q3. No. High-fat foods tend to stay in the stomach longer, and therefore boost your risk of reflux symptoms. Preparing your favourite foods in a different way could make a difference to your heartburn symptoms and your overall health. Trim extra fat off meat and poultry and cut the skin off chicken. Instead of frying, try to bake, broil, grill, or roast (in a little oil, remember you're roasting not frying!).

Q4. Yes. While fruits and vegetables are generally an excellent and necessary part of your diet, certain types have been shown to exacerbate symptoms. Common offenders include citrus fruits, onion and garlic. A study of raw onions was shown to significantly increase the number of reflux and heartburn episodes in people who suffer regularly from heartburn. However, raw onions did not increase these measures in non-heartburn sufferers. Some doctors suggest that cooked onions may be easier for sufferers to tolerate. Having water with meals instead of fruit juice, tea or fizzy drinks would also help dilute stomach acid, making heartburn less likely.

Q5. Yes. Fresh ginger acts as an anti-inflammatory. A small daily dose of no more than 4 grams can be helpful; however a larger dose can actually cause heartburn. If you would like to see if it works for you, you could try steeping ginger in hot water to make a tea or chewing a piece of ginger, or using ginger (no more than 4 grams) when cooking.

Q6. Probably not. The European Food Safety Authority (EFSA) which regulates the health claims manufacturers can make about their products hasn't approved any health claims for apple cider vinegar. Most claims made about apple cider vinegar have no solid evidence to back them up and medical research into its properties have had mixed results. If you would like to see if it works for you, the dose is 2 tablespoons of good quality apple cider vinegar in cool water.

If you a friend or family member experience any of the symptoms described in this leaflet – seek medical advice from a doctor. If you are not experiencing any of these symptoms but someone you know is, please pass this leaflet to them.