

Heartburn During Pregnancy

Bona Dea Wellness & Acupuncture

Heartburn is typically a sign of having too little hydrochloric acid (stomach acid). To encourage your body to make sufficient amounts of hydrochloric acid, you'll want to make sure you're consuming enough of the raw foods on a regular basis.

Active Heartburn:

Raw celery – Neutralizes acid

1 glass of hot water

Papaya or Papaya Enzymes – Get the 'ok' first with physician

Prevention:

A few teaspoons of sauerkraut or fermented cabbage juice before eating

1/4 cup kefir before bed and apple cider vinegar in the morning.

Raw Organic Apple cider vinegar: one tablespoon, in a large glass of water. If not palatable, add a little maple syrup

Eat smaller meals

Eat slowly

An apple a day to regulate the hydrochloric acid

Eliminate trigger foods: citrus, tomatoes, greasy or fried foods, spicy foods, chocolate, coffee and carbonated beverages

Cook with sea salt instead of table salt

Fun fact! Pregnant women who experience severe heartburn are more likely to birth a baby with lots of hair!

Be careful when using tums or other prescription medication: Tums can lead to kidney stones. Other prescription medication can neutralize your natural stomach acid, which, over time, can make acid reflux worse. WHY? Acid reflux can be caused by a lack of your own stomach acid. You need your stomach acid to properly digest all food including acidic foods.