

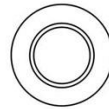
GERD Awareness Week

The week of Thanksgiving, November

15 Tips to Manage Your Symptoms this Holiday



1) Schedule an earlier meal.



9) Use smaller plates.



2) Serve light appetizers.



10) Substitute water for soda.



3) Stay active.



11) Watch the desserts.



4) Don't smoke.



12) Skip the after-dinner mint.



5) Nix the juice.



13) Slow down.



6) Season lightly.



14) Stay awake!



7) Limit your drinks.



15) Talk to your doctor.



8) Pass on deep frying your turkey.

To learn more, visit aboutGERD.org

