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Protocol for Reflux Pharyngitis/Gastroesophageal Reflux

1. Eat six meals (times) per day. Divide the total number of calories you are currently eating by six and consume in those quantities. You need not eat extra meals; simply eat more frequently.
2. Elevate the bed legs at the head of your bed by placing eight inches of books under those. Do not elevate your head with pillows. Take any other medicines prescribed for this condition.
3. Avoid fatty foods or liquids high in acid (for example: Orange Juice).
4. Avoid coffee, tea, chocolate (i.e. caffeine), alcohol, and cigarettes.
5. Do not eat within two hours of going to bed.
6. Avoid tight binding clothes.
7. Avoid stooping, straining, and bending.
8. Avoid/reduce stress (Yeah . . . right).