

EAT RIGHT, SLEEP TIGHT

Tel 0861 275 337 (ALL APPTS) FAX 0866630949

EMAIL: drk@drk-ent.com

Cell 082 786 5333

Acid Reflux/ Post Nasal Drip Prevention

1. Last 2 hours before sleeping : water only - AFTER 8 PM
2. Use Gaviscon Advance - 10ml after any late night nibble
3. Drink >1.5 litres of water a day
4. Limit tea/coffee intake (diuretic effect, weakens stomach valve)

Diet Recommendations

1. Eating 3 meals a day important
2. Whole wheat Pronutro/ Jungle Oats/Weetbix/Eggs for breakfast
3. Salad/ Low GI bread 2 slice sandwich for Lunch
4. STARVING is a bad thing - hence don't skip lunch
5. Dinner - 3 quarter of plate SALAD/ VEGETABLES + fish/chicken/meat
6. Dessert - fruit salad +- plain full cream yoghurt
7. AVOID GAS/fizzy drinks = 8 spoons of sugar per can !!!
8. Thick Juices not much better - rather apple juice/ cranberry juice
9. Avoid *sweets, biscuits, chocolates and especially pies, rotis, rice (incl brown and basmati), pap, pasta and potatoes (incl Chips)*

Exercise

SWEAT producing exercise 30 min 3 x per week, increasing to 5x/ week later

