

ACID REFLUX

S H A N P Y K U J X M R N G A N T A C I D S N S
Y W E O A T M E A L B S Z R N B U B G I N G E R
G A V I S C O N A K A T Q E O C T L X V H D A P
O Q M V N K Q W C F L A G T P E V E D E U D E W
H A P A N T O P R A Z O L E S G R A F T D D X Y
T C E H B M R D C G Z F N D J R A N D N D H D K
H I G D I E T L G E B T X B Q V M M Q C R S N B
E D G J M T X J T R G T S S J I Z E D Y A G U R
A R W Q V O D H F D O P S M W U L A F D N X T E
R E H F E C K T Q O G I D A K X V T L Q I B R G
T F I B G L J F C V H H Y L B R Q S M T T G I U
B L T N E O L I F E S T Y L E M S B B C I O T R
U U E S T P E L Q N J U Y M C K K T Z G D M I G
R X S L A R X A G S X Z R E C U Y Q G L I E O I
N T M G B A E B J W T J O A O F C J Y X N D N T
Y V P W L M R Z N U O M T L D G O I S G E I R A
G G E F E I C P R G L G Z S Q X H Z V V L C V T
N P H P S D I Q S Q V G Q H U Z M N I X M A J I
M T C Y E E S N I E Z C T I O G A W P H G T A O
M R J W A W E F D H P E N K U D Y E U C X I R N
X F Z T S J N S V E I X L E R S I H Z B T O R M
Q Y I R C K R E U P R I G H T P N O V S M N Y W
L L O N T I M H F X H R H K E P Z J V O B S U V
J E F Y H E A L T H Y F A T S K L D G S W A T O

METOCLOPRAMIDE
SMALL MEALS
LEAN MEATS
NUTRITION
EXERCISE
DIET

REGURGITATION
ACID REFLUX
VEGETABLES
HEARTBURN
UPRIGHT
GERD

PANTOPRAZOLE
RANITIDINE
MEDICATION
GAVISCON
OATMEAL

HEALTHY FATS
EGG WHITES
LIFESTYLE
ANTACIDS
GINGER