

Belching / Burping

1. Eat and drink slowly to avoid swallowing excess air.
2. Avoid talking when you chewing.
3. Avoid sucking on hard candy. Cut down on carbonated drinks and beer. These drinks release carbon dioxide gas which may worsen belching and burping.
4. Don't use straws. Drink beverages, especially carbonated drinks, directly from a glass.
5. Stop smoking. Inhaling cigarette smoke results in excess swallowed air.
6. If you wear dentures, get them checked to make sure they are well fitting.
7. Manage your stress. Excess tension can cause you to swallow air.

Avoid Gas-Producing Foods

- Carbonated drinks, beer, and red wine
- Milk and other dairy products that contain lactose
- Beans and other legumes
- Fruits like bananas, melons, apricots, peaches, pears, prunes, and raw apples
- Eggs
- Sugar and sugar substitutes
- Wheat and wheat bread
- Packaged foods with lactose, such as bread and cereals
- Vegetables like potatoes, asparagus, broccoli, cucumbers, green peppers, onions, peas, radishes, Brussels sprouts, cabbage, and cauliflower.

Diaphragmatic breathing helps reduce belching along with other GERD symptoms, as well as enhances the quality of life in patients with PPI-refractory GERD.

To perform it:

1. Lie down on your back or sit in a comfortable place.
2. Put your hands on your abdomen and try to relax.
3. Inhale deeply through your nose, expanding your abdomen and then filling your lungs with air. Count slowly to 5 as you inhale.
4. Hold your breath and count to 3.
5. Exhale slowly through your mouth while counting slowly to 5 as you exhale.
6. Continue to deeply inhale and exhale in this manner for 5 to 10 minutes.
7. Do this 2–3 times a day to improve digestion.