BONUS 6

7 DAYS WITHOUT HEARTBURN

Fast reflux relief +
emotional well-being



DOWNLOAD NOW

"7 DAYS WITHOUT ACID: Your Practical Guide to a Reflux-Free Week"

A complete, simple, and effective diet to soothe your stomach and restore your well-being.

Table of Contents:

- **Introduction: What Is Acid Reflux and Why Does It Happen?**
- **Core Principles of an Anti-Reflux Diet**
- **List of Recommended and Avoided Foods**
- **Complete 7-Day Meal Plan**
  Breakfast, Mid-Morning Snack, Lunch, Afternoon Snack, Dinner
- **Quick and Easy Recipes**
- **Tips for Healthy Habits**
- **Bonus: Soothing Herbal Infusions**

Introduction: What Is Acid Reflux and Why Does It Happen?

Gastroesophageal reflux is a digestive condition that happens when stomach acids flow back up into the esophagus, causing a burning sensation, heartburn, or even chest pain. While many people experience it occasionally, frequent episodes can seriously impact your quality of life.

The causes are varied — from poor eating habits to stress, excess weight, or certain daily behaviors like:…lying down right after eating or smoking. However, one of the most important factors —and the one you can control directly— is your diet.

A balanced, gentle diet free from irritants can make a world of difference. Eating well doesn't just ease the symptoms — it also strengthens your digestive system, helps you sleep better, and gives you a deeper sense of well-being.

This eBook is designed to help you regain that balance. Inside, you'll find a practical guide with:

– A clear list of foods to enjoy and foods to avoid
– A full 7-day meal plan, with 5 meals per day
– Simple, effective tips to break bad habits

You don’t need expensive meds or complicated diets. What you need is consistency, awareness… and the healing power of natural food.

Core Principles of an Anti-Reflux Diet

When it comes to managing reflux naturally, it’s not just about *what* you eat — it’s also about *how* and *when* you eat. These key principles will help you build a way of eating that soothes your stomach, reduces inflammation, and keeps that burning sensation at bay.

1. Small, Frequent Meals

Avoid heavy meals. It’s better to eat 4 to 5 times a day in moderate portions. This helps prevent overloading your stomach and reduces the pressure that pushes acid up into your esophagus.

2. Don’t eat late at night

Have dinner at least 2–3 hours before bedtime. Going to sleep with a full stomach makes reflux more likely.

3. Avoid Irritating Foods

Cut back or eliminate foods that weaken the lower esophageal sphincter or increase stomach acid:

- Fried and breaded foods
- Raw tomatoes and tomato-based sauces
- Citrus fruits (like oranges, lemons, grapefruits)
- Coffee, black tea, and energy drinks
- Chocolate
- Alcohol and tobacco

- Highly seasoned or spicy dishes

4. Choose foods that are gentle and soothing for your digestive system. These help reduce irritation and promote healing:

Cooked vegetables (like carrots, zucchini, pumpkin)

Bananas, apples (especially baked or stewed)

White rice, oats, and mashed potatoes

Lean proteins: chicken, turkey, white fish

Natural yogurt (if tolerated)

Herbal teas like chamomile, fennel, or ginger

Whole grain bread or toast (plain, without butter or sauces)

5. Avoid going too long without eating.

An empty stomach produces more acid, which can irritate the esophagus when there's nothing to buffer it.
👉 Try to eat something light every 3 to 4 hours to keep your digestion balanced and gentle.

6. Include healthy habits

Chew thoroughly and eat slowly.

Drink water between meals, not during.

Avoid tight clothing around your stomach area.

Sleep with your head slightly elevated if you suffer from nighttime reflux.

Lower stress levels with walks, mindful breathing, or gentle meditation.

With these principles as your foundation, you're now ready to follow a complete weekly plan—designed specifically for those dealing with reflux.

List of Recommended and Restricted Foods

Here's a simple guide to help you choose what to eat (and what to avoid) if you want to calm your stomach and reduce acid reflux naturally.

✅ Recommended Foods (Gentle and Digestive-Friendly)

These foods are soothing, low in acid, and easy on your digestive system:

🆗 **Cooked vegetables** (carrot, zucchini, potato, pumpkin, green beans)
🆗 **Fruits low in acid** (banana, melon, pear, apple – preferably baked or peeled)
🆗 **Whole grains** (brown rice, oats, couscous, whole wheat bread)
🆗 **Lean proteins** (chicken breast, turkey, white fish, tofu, eggs – preferably boiled or steamed)
🆗 **Healthy fats** (olive oil in small amounts, avocado in moderation)
🆗 **Dairy alternatives** (lactose-free milk, almond milk, natural yogurt without sugar)
🆗 **Infusions** (chamomile, ginger, licorice root – in moderate amounts)
🆗 **Herbs and mild seasonings** (parsley, basil, thyme, oregano)

🚫 Foods to Avoid (Irritating or Acid-Triggering)

These can weaken your esophageal sphincter or increase stomach acidity:

🛑 **Fried or breaded foods**
🛑 **Raw tomato or tomato-based sauces**
🛑 **Citrus fruits and juices (orange, lemon, grapefruit)**
🛑 **Coffee, black tea, energy drinks**
🛑 **Alcohol and tobacco**
🛑 **Spicy or overly seasoned meals**
🛑 **Carbonated drinks**
🛑 **Ultra-processed foods (packaged snacks, cold cuts, etc.)**

💡 *Tip:* Everyone reacts differently. If a recommended food bothers you, reduce it or avoid it for a while. Listen to your body and adjust the plan to your own rhythm.

Weekly Anti-Reflux Meal Plan

Day 1

Breakfast: Cooked oats with almond milk + sliced ripe banana

Mid-morning snack: Baked apple with cinnamon

Lunch: Grilled chicken breast + mashed potatoes + steamed zucchini

Afternoon snack: Unsweetened plain yogurt + poached pear

Dinner: Pumpkin cream soup + slice of whole wheat toast with ricotta

Day 2

Breakfast: Whole wheat toast with soft avocado + chamomile tea

Mid-morning snack: A handful of soaked oats with plant-based milk and diced papaya

Lunch: Steamed hake + white rice + boiled carrots

Afternoon snack: Homemade applesauce

Dinner: Zucchini and potato purée + piece of whole wheat bread

Day 3

Breakfast: Porridge with rice milk + ground flaxseeds

Mid-morning snack: A few bites of ripe melon

Lunch: Grilled turkey fillet + boiled sweet potato + lightly sautéed spinach

Afternoon snack: Plain yogurt + half a banana

Dinner: Mild vegetable soup + whole wheat toast with fresh cheese

Day 4

Breakfast: Whole wheat bread with ricotta and pear compote

Mid-morning snack: Small cup of fresh papaya

Lunch: Brown rice + baked tofu with pumpkin

Afternoon snack: Homemade oatmeal cookies (no sugar, no fat)

Dinner: Carrot cream soup + soft mashed potatoes

Day 5

Breakfast: Cooked oats with grated apple and ground seeds

Mid-morning snack: Diced watermelon (only if well tolerated)

Lunch: Shredded boiled chicken + rice + green beans

Afternoon snack: Plant-based yogurt with ground flaxseed

Dinner: Cream of cooked spinach + slice of whole wheat bread

Day 6

Breakfast: Toasted whole wheat bread with mashed banana and cinnamon

Mid-morning snack: Ripe pear

Lunch: Baked sole + zucchini purée + boiled potato

Afternoon snack: Homemade fruit compote + lemon balm tea

Dinner: Mild vegetable soup + whole wheat bread with avocado

Day 7

Breakfast: Cooked oats + diced papaya + pinch of ground flax
Mid-morning snack: Stewed apple with a hint of cinnamon
Lunch: Baked turkey meatballs (no tomato) + white rice + steamed broccoli
Afternoon snack: Unsweetened yogurt + homemade oatmeal cookie
Dinner: Pumpkin purée + whole wheat bread with ricotta

Simple Recipes to Soothe Your Reflux

1. Gentle Pumpkin Cream Soup

Ingredients:

- 300 g pumpkin
- 1 small potato
- 1 teaspoon extra virgin olive oil
- 500 ml water
- Sea salt (minimal, optional)

Preparation:

Peel and dice the pumpkin and potato into small cubes.
Boil them in a pot with the water for about 20 minutes, or until very soft.
Blend everything until smooth and creamy.
Drizzle with olive oil just before serving.

2. Steamed Hake with Carrots

Ingredients:

- 1 fresh or frozen hake fillet
- 1 carrot
- Salt (optional)
- Extra virgin olive oil

Preparation:

Peel the carrot and slice it into thin rounds.
Steam the carrot for 10 minutes.
Add the hake fillet and steam for another 7–8 minutes, until fully cooked.
Serve with a drizzle of olive oil.

3. Mashed Potato and Zucchini

Ingredients:

- 1 medium potato
- 1 small zucchini
- Water for boiling
- Extra virgin olive oil

Preparation:

Peel the potato and chop the zucchini (leave the skin on if it's organic).
Boil both until soft.
Mash them together or use a food mill.
Drizzle with olive oil and mix well.

4. Quick Apple and Banana Compote

Ingredients:

- 1 apple
- 1/2 ripe banana
- Cinnamon (optional)

Preparation:

Peel and dice the apple. Steam for 10 minutes until soft.
Blend it with the banana until smooth and creamy.
Add a pinch of cinnamon if your body tolerates it well.

5. Whole Grain Toast with Ricotta and Steamed Pear

Ingredients:

- 1 slice of whole grain bread
- 2 tablespoons of ricotta or cottage cheese
- 1/2 pear, cooked in water without sugar

Preparation:

Lightly toast the bread.
Spread the ricotta evenly.
Top with thin slices of the steamed pear.

These recipes are designed to be gentle on your stomach without giving up on flavor.
In the next section, I'll share simple lifestyle tips and healthy habits to help boost the effects of your diet.

Habits & Lifestyle Tips to Say Goodbye to Reflux

What you eat matters—but how you live your day-to-day life is just as important. Building healthy habits can greatly reduce heartburn episodes, improve digestion, and boost your energy levels.

Here are the key tips to support your new anti-reflux routine:

---

1. Don't lie down right after eating
Wait at least 2 to 3 hours between dinner and bedtime. This gives your stomach time to digest and helps prevent acid from creeping back up while you sleep.

---

2. Ease stress naturally
Stress can throw your digestion out of balance and trigger reflux symptoms. To calm your mind and body, try:

- Deep, mindful breathing
- Gentle walks outdoors
- Light stretching or yoga
- Guided meditation or relaxing music

Check out our YouTube channel *EquilibrioMental365*, where we share tools, exercises, and powerful quotes to help you live with more calm and clarity.

---

3. Skip drinking large amounts during meals
Drinking too much liquid while eating can dilute stomach acids and slow digestion. It's better to hydrate between meals, not during.

---

4. Avoid tight clothing around your waist
Say no to tight belts or pants that squeeze your belly—this can push acid upward and worsen symptoms.

---

5. Sleep with your head slightly elevated
If you suffer from nighttime reflux, raise the head of your bed 6–8 inches (15–20 cm) or use a wedge pillow. Gravity will help keep acid down while you rest.

---

6. Cut back on alcohol and quit smoking
Smoking relaxes the valve between your stomach and esophagus, and alcohol can irritate the lining. Reducing or eliminating both can drastically improve how you feel.

---

7. Eat slowly and chew thoroughly
Take at least 20 minutes to eat your meals. Rushing leads to poor digestion, gas, bloating, and—you guessed it—acid reflux.

---

8. Maintain a healthy weight
Excess belly weight increases pressure on your stomach, making reflux more likely. A balanced diet and daily movement can help you stay in your ideal range.

Remember: small changes, done consistently over time, lead to big transformations. And if you ever feel like you need a mental boost or a bit of motivation to stay on track, subscribe to our channel EquilibrioMental365.
We're here to walk this journey with you.

Tu bienestar empieza hoy

Cuidarte no significa restringirte, sino escuchar lo que tu cuerpo necesita. Si has llegado hasta aquí, ya has dado un paso importante: **informate, toma conciencia y decide cambiar.**

El reflujo no tiene por qué controlar tu vida. Con una alimentación adecuada, hábitos saludables y un enfoque más consciente, puedes recuperar el equilibrio, la energía y el bienestar que mereces.

Este eBook es solo el comienzo. Úsalo como una guía práctica, vuelve a él siempre que lo necesites y comparte este conocimiento con quien pueda necesitarlo.

Recuerda: comer bien también es un acto de amor propio.

Síguenos en YouTube: EquilibrioMental365

En nuestro canal compartimos:

-Consejos para manejar el estrés y la ansiedad

-Frases que inspiran y fortalecen la mente

-Técnicas sencillas de respiración y relajación

-Contenido motivador para acompañarte día a día

Suscríbete y activa la campanita para no perderte ningún vídeo.
Tu paz interior también forma parte del tratamiento.

BONUS: Soothing Herbal Teas for Reflux Relief
These natural infusions can help calm your digestive system and ease acidity. Sip them between meals or before bed:

Chamomile
Soothes the stomach and reduces inflammation.

Lemon Balm (Melissa)
A natural relaxant, perfect for winding down at night.

Mild Ginger
Use a thin slice in hot water. Avoid if it feels too spicy for your system.

Licorice Root (natural)
Protects the stomach lining. *Not recommended for people with high blood pressure.*

Linden (Tilia)
Helps ease nervous tension and supports digestion, especially when reflux is triggered by stress or anxiety.

Thank You for Trusting
Thank you for taking the time to read this eBook.

Thank you for choosing yourself.
And thank you for being part of a community that believes in a more natural, free, and mindful way to care for your health.



With care,
Chef Markoc
Creator of *CucinandoAndo* & *EquilibrioMental365*

👨‍🍳 If you enjoyed this bonus, don't miss out on the rest of our exclusive content:
👉 Visit cucinandoando.com/newsletter and keep exploring..!