

Cooling Support for Acid Reflux & High Acidity

A simple, gentle starting point

This guide is designed to help you to understand what is happening in your body and how you can bring your system back into balance from the Root upward, so that the symptoms do not repeat. It provides you with two pathways:

1. Daily relief
2. Long term foundation re-building and root healing

Practice this for one month and notice any changes. Practice gently and patiently and without any self-pressure. This is a *process* not a quick-fix.

What's happening

Too much internal heat → inflammation →

- high acidity
- burning in the digestive tract
- disrupted digestion and absorption
- secondary effects (e.g., skin flare-ups and possible anger and frustration)

The goal is:

1. Reduce inputs that stimulate heat
 2. Increase inputs that **cool and calm your system**. This needs a patient and gentle approach to not aggravate, overstimulate or stress your system in any way.
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Over the page is a Guideline you can print and stick on your fridge for easy reference

General Guidance

There is a more comprehensive guide available, that is specific and personalised, if you choose to go deeper with your healing journey. I offer you an option at the end of this document.

For now, it is enough to print and stick on your fridge to gently grow awareness.

Food

Reduce (Heating & irritating)	Increase (Cooling & calming)
Salty – chips, salted nuts, pickles, processed foods	Sweet – basmati rice, cooked oats, quinoa, warm milk, ghee, ripe dates, sweet fruits, squashes
Sour – citrus, vinegar, tomatoes, yogurt, fermented foods, green grapes, tomato, pickles	Bitter – leafy greens, zucchini, bitter melon, brussel sprouts, mushrooms, =, cabbage
Pungent – chili, cayenne, black pepper, raw garlic, raw onion	Astringent – lentils, chickpeas, green beans, all beans, broccoli, cauliflower
Fried foods	Cooling – cucumber, coriander, fennel, carrots, lettuce, peas leeks
Animal-based foods – especially meats	Spices – cumin, coriander, fennel, mint, turmeric

Choose foods that feel **soothing, moist, and easy to digest**. Eat light.

Drinks

Avoid (irritating)	Support (cooling, not cold)
Coffee, energy drinks	Room-temperature water
Alcohol	Warm fennel or coriander tea
Citrus juices	Small, frequent sips
Tangy or sour drinks	
Cold drinks	

Cold shocks the system. Gentle warmth calms it.

Lifestyle

Reduce	Choose instead
Excess sun, heat, saunas	Cooler environments
Intense workouts	Walking, stretching, slow yoga
Overheating	Rest, shade, pacing

Less heat outside helps reduce heat inside.

Breath (simple)

Śitalī breathing

- Roll the tongue (or purse the lips)
- Inhale slowly through the mouth
- Exhale through the nose
- 6–10 rounds, morning and bedtime, daily

Stop if uncomfortable.

Simple Daily Rhythm

One cooling tea

1tsp each – cumin, coriander and fennels seeds – soaked in 1 cup warm water. Drink at body temperature

One gentle morning rhythm

Wake → sip warm water → sit quietly 5 minutes → light breakfast

One moment of intentional breathing

Just 5 minutes of Śitalī breathing at bedtime

Ongoing support

Hyper-acidity requires **careful, respectful, and individualized attention**.

This guide is a **beginner starting point** for general support.

If symptoms have been persistent, or if you rely on regular pharmaceutical relief, I recommend individualized guidance. I will share a short intake form so we can gather accurate information and determine the most supportive way forward.

👉 [Click Here and I will meet you personally](#)

With love,

Philén