## Home Remedies for Menopause-Related Heartburn

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#### Introduction

- Menopause can bring unexpected symptoms, including heartburn.
- Hormonal changes—especially declining estrogen—can relax the esophageal sphincter, increasing acid reflux.
- ► This presentation covers five natural, effective home remedies to relieve heartburn and support digestive health.

#### Aloe Vera Juice

- Soothes the digestive tract and reduces inflammation.
- Drink 1/4 cup of unsweetened aloe vera juice 20–
   30 minutes before meals.

### Baking Soda and Water

- Neutralizes stomach acid on contact.
- Mix 1/2 tsp baking soda in 1/2 cup water and drink during flare-ups.
- Use occasionally due to sodium content.

### Chamomile or Ginger Tea

- Calms the digestive system and reduces acid buildup.
- Drink after meals or before bed.
- Chamomile also helps with menopausal anxiety and sleep.

# Apple Cider Vinegar (ACV)

- Balances low stomach acid and supports digestion.
- Mix 1 tbsp ACV in a glass of warm water before meals.
- Add raw honey for additional soothing.

## Elevate Your Head While Sleeping

- Prevents acid from creeping into the esophagus.
- Use a wedge pillow or raise bed head 6-8 inches.
- Avoid lying down 2–3 hours after eating.

#### Work with Dr. Mpalyenkana-Murray, PhD, MBA

#### Certified Menopause Coaching Specialist

- Are you navigating the waves of menopause and feeling overwhelmed, confused, or disconnected from your body and mind?
- I help women like you:
- - Regain emotional balance, mental clarity, and physical vitality
     Cultivate resilience and self-love through spiritual and practical support
  - ✓ Transform this phase into a powerful journey of rediscovery and empowerment
- You don't have to go through this alone. Let's create a personalized roadmap for your wellness, joy, and confidence.
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