

Lifestyle Modifications in Treatment of Laryngopharyngeal Reflux (LPR)

Suggested

Treating obesity/overweight

- Reduce daily caloric intake
- Aerobic physical activity

Changing eating habits

- Increase fibre intake
- Increase fruit and vegetable intake
- Reduce spicy and sweet food intake
- Reduce fatty foods
- Reduce carbohydrate beverages (Gatorade, energy drinks)
- Reduce alcohol intake
- Reduce coffee intake

Other

- Elevating head of the bed 6-8 inches
- Avoid strenuous exercises

Uncertain

- Reducing weight in normal weight people

- Reduce acid beverage intake (orange or apple juice)
- Reducing tomato, tomato sauce, mint, and garlic intake

- Reducing cigarette smoking
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