

## Mayo Clinic Minute

### 3 hours from heartburn

| VIDEO   | AUDIO   |
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|   | <i>Sound a pizza being cut</i>  |
| <b>Graphic:</b><br><b>Stop eating 3 hours before bedtime</b>  | There's a physical reason why you should stop eating three hours before bedtime.  |
| <b>Title:</b><br><b>Joseph Murray, M.D.</b><br><b>Gastroenterology</b><br><b>Mayo Clinic</b>                                | "Our digestion is meant to be carried out in a more upright position."  |
|   | Gastroenterologist Dr. Joseph Murray says that's why late-night snacks can be a recipe for reflux.  |
| Joseph Murray, M.D.   | "You fill your stomach with food. It starts producing a lot of acid. Now you've got a big bag of food and acid that's sitting there. You go lay down, and you no longer have gravity to keep that food and acid down. It comes up your esophagus, giving you reflux." |
|   | Dr. Murray says some foods are more likely than others to contribute to it.   |
| Joseph Murray, M.D.   | "High-fat foods, because they'll sit in your stomach much, much longer."  |
| <b>Graphic:</b><br><b>Avoid:</b><br><b>High-fat foods</b><br><b>Tomato-based items</b><br><b>Spices</b><br><b>Chocolate</b> | Tomato-based items, onions, spices and chocolate can also cause heartburn.  |
|   | So can alcohol. And, even if you avoid these heartburn triggers, remember ...   |
| Joseph Murray, M.D.   | "... digestion is not meant to be going on during our sleep. It's meant to be going on while we're awake."  |

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| Joseph Murray, M.D. | "Eating right before bed is not a good idea."     |
|                     | For the Mayo Clinic News Network, I'm Jeff Olsen. |