

FLORA APP · 30 DAYS

Reflux Relief Habit Tracker

5 minutes a day to support your nervous system and your LES.

If you've ever eaten the exact same meal on two different days and had two completely different reactions, you're not imagining it.

When we're stuck in fight-or-flight, blood flow shifts away from the gut, the diaphragm tightens, and the LES (the lower esophageal sphincter, the little muscle that's supposed to keep stomach contents in your stomach) can lose coordination. That's why nervous system regulation is a clinical strategy in the FLORA method, and why it anchors these 30 days.

OUR DAILY ANCHOR

5 minutes of nervous system practice

Pick one each day: diaphragmatic breathing, a gut-directed meditation, or reflux-friendly yoga. All three are inside the FLORA App. Fill in the big circle on the next page every day you practice.

WHAT THE RESEARCH SHOWS

In a randomized controlled trial from Mayo Clinic (Halland et al., 2021, American Journal of Gastroenterology, n=23 patients with upright GERD plus 10 controls, PMID: 33009052), LES pressure rose during the inhale of diaphragmatic breathing (42.2 vs 23.1 mmHg, $p < 0.001$). Practicing it after a meal lowered post-meal reflux events from 2.60 to 0.36 ($p < 0.001$).

Strategic additions Optional. You get to decide what feels doable. Start with one.

DAILY

- 5 The 5+1 Method**
5 deep breaths + 1 gratitude before meals. This moves us into rest-and-digest (the parasympathetic state) before the first bite.
- M Mealttime Mindfulness**
Chew to applesauce consistency, slow down, single-task. Digestion starts in the mouth, so the stomach has less work to do.

- L The LES Lock**
Belly breathing right after meals. The diaphragm wraps around the LES, so training it supports the barrier.
- 3 The 3-Hour Buffer**
Finish eating 3 hours before lying down. The stomach gets time to empty, which lowers pressure on the LES.

A FEW TIMES PER WEEK

- **Reflux-friendly yoga**
Gentle or restorative classes in the FLORA App.
- **Reflux Clarity Log**
Note food, symptoms, and stress so we can spot patterns.
- **Reflux Relief modules**
One at a time, so the why behind each habit is clear.

Small hinges swing big doors.

xo, Molly

Molly Pelletier, MS, RD · The Reflux Dietitian

Guided breathing, meditations, yoga, and the Reflux Clarity Log are all inside the FLORA App. New here? Try it free for 7 days at mollypelletier.com/flora

Our 30 days

Start date _____

How to use this: fill in the big circle each day you complete your 5-minute practice. The small circles are for any strategic additions you chose. Blank circles are information we can learn from, never a grade.

☐ 5-minute practice
 ☐ 5 5+1 Method
 ☐ L LES Lock
 ☐ M Mealtime Mindfulness
 ☐ 3 3-Hour Buffer

WEEK 1	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	Day 30. That's a big win. Your consistency is showing. Circle the one habit that helped most, and let's carry it into next month.				

Gathering evidence

A few lines at the end of each week is plenty.

Days my symptoms felt calmer:

What was different (sleep, stress, meal timing):

The habit that felt most doable:

One win I want to remember:

Missed a day? Pick it back up at your next meal.

Even if your symptoms feel just 5% better, it tells us your system is capable of change. This is the work, and you are ready for it.