

## Re: OT- Severe Heartburn

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.transcription/2005-05/msg00517.html>

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- *From:* "LizzieB." <blahblah@xxxxxxxxxxxxxxxxxxxx>
  - *Date:* Sun, 15 May 2005 12:56:09 -0500
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Phyllis wrote:

It helped me to identify the food culprits (in my case tomatoes, onions, and garlic) and avoid them.

Oh, my. Tomatoes and tomato products give me esophageal spasms so bad that before I figured it out, I hied myself to the doctor and asked to be strapped to the EKG.

Onions and garlic in limited quantities are okay, but tomatoes and tomato products? I have to avoid 'em like the plague.

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