

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Acid Reflux And Bad Breath

By Kathryn Whittaker

Say you are at a party and all of a sudden you get that stinging feeling in your throat. You scrunch

up your face, look around the room and walk to a place where nobody can see you as you try to swallow away that biting liquid. You loosen your collar, swallow some more of your wine, and try to get back into the conversation. Yet, when you do get a circle and join in the conversation, people start to back away from you, pretend to scratch their nose, and claim to be needed elsewhere. You can't help but wonder if your recent bout of heartburn is related to your recent unpopularity?

One way that you can check if you have bad breath (if your best friend isn't at the ready), is to lick the inside of your wrist and let it dry for a few seconds and then smell it. If there is an odor, then your breath isn't as fresh as it should be.

If you are experiencing bad breath, or halitosis, then part of your problem might be either related to, or a direct result of acid reflux/GERD.

Most experts, medical and naturopathic alike will tell you that bad breath is caused by what you eat, lack of saliva swishing around in your mouth, stress, dehydration, and stomach activity, i.e. acid indigestion. Since many people experience acid reflux in their sleep, chances are good that morning breath isn't just a lack of saliva activity, but is related to GERD.

Most commentators speaking on bad breath list acid reflux as a major cause, in addition to the items mentioned above. It makes sense really. It stands to reason that acidic liquid rising up from your stomach is not going to smell pretty, and if that is getting up to your throat, through a loosening in the collapsible valve at the tip of your stomach, it's going to make your breath smell pretty foul.

Not only that, but many of the factors that contribute to bad breath, are also causal factors for acid reflux. The foods that you eat are a major contributor to bad breath, like spicy or garlicky foods, which are also a major contributor to acid reflux. Stress is also a cause for both upsets.

It stands to reason then, that by counteracting the causal factors of GERD, you will also reduce your chances of having bad breath, not only in striking what may be the heart of your problem, but you'll

combat one or both of these ailments as well.

Contrary to popular belief, making changes to your diet and stress levels aren't as difficult as some of the makers of pharmaceuticals would like you to believe. They would prefer you to think that a few changes in your diet, or a simple exercise plan will mean re-vamping your life entirely, but this is simply not the case.

Long term solutions are just that—long term. So, make the changes, but make them slowly, incorporating them into your life in small steps so that the changes don't seem too drastic, making them easier to swallow (so to speak) and more likely steps that you will stick with.

Kathryn Whittaker has an interest in Acid Reflux. For further information on Acid Reflux please visit

<http://www.naturally-stop-acid-reflux.com/acidreflux.html>

or

<http://www.naturally-stop-acid-reflux.com/blog/2006/09/27/acid-reflux-and-bad-breath/>

How Acid Reflux Can Worsen Your Asthma

By Rudy Silva

Asthma is a chronic lung condition that is characterized by difficulty in breathing, wheezing, and mucus accumulation. People with asthma have extra sensitive or hyper-responsive airways. During an asthma attack, the airways become irritated and react by narrowing and constricting, causing increased resistance to airflow, and obstructing the flow of the air passages to and from the lungs.

Some research indicates that the symptoms of asthma may get worse when you have heartburn or acid reflux. Acid reflux occurs when your undigested stomach content moves back up into your esophagus.

Acid reflux can cause painful heartburn which you can relieve with antacid medicines or natural remedies. Antacids simply neutralize your stomach's acid, which reduces the burning sensation in your esophagus tube. It is best to use natural remedies first because neutralising stomach acid is a temporary method and only serves to suppress the cause of acid reflux.

For acid reflux, it is best to use digestive enzymes. Take a good digestive enzyme with every meal you eat. The next step would be to learn how to eat so you don't get acid reflux or heartburn.

Acid reflux happens mostly in people who are older and overweight. But sometimes it can happen in children and in all types of people.

Acid Reflux And Bad Breath

In some studies, researchers have injected acid into the esophagus of people with asthma, and it had a significant impact on their asthma and increased their asthma symptoms.

These is also evidence to suggest that people who have asthma get acid reflux more often than people without asthma. This is probably because of the big pressure changes in the chest during breathing in people with asthma. These high pressures could force liquid to travel the wrong way up the esophagus.

In these cases, asthma sufferers seem to lose out twice: they suffer from asthma and they may suffer from acid reflux more often than non asthma sufferers.

However, this is not the whole story. If acid reflux really was an important cause of asthma worsening, then treatments against acid reflux should make the asthma better, however, this is generally not the case.

In the meantime, if you have asthma and you also have acid reflux, it could just be that careful treatment of your reflux will make your breathing better.

If your asthma is bad and no-one knows why, some doctors would check whether you have or had acid reflux by conducting tests to measure the acidity in your stomach. If the result showed a tendency for acid reflux, then your doctor should help you eliminate this condition.

Using a doctor who uses natural methods to treat acid reflux is the best way to go. Using drugs to eliminate acid reflux when you are already taking drugs for asthma is asking for addition health

problems in the future. Drugs do not cure acid reflux and cause This condition to worsen. It is best to use natural remedies and diet to eliminate acid reflux and heartburn.

Rudy Silva is a Natural Nutritionist. To learn more about using natural remedies for asthma go to:

<http://www.natural-remedies-thatwork.com/asthma1>

and to find natural ways to help your acid reflux or

heartburn go to:

<http://www.acidreflux-relief.info>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!