

Do You Have An Acid Reflux Problem?

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By Rudy Silva

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Most people have digestive problems that create a variety of illness that we see as they age. The main problem is with the food that they eat. As has already been said many times, we eat more junk, processed, and packaged food than our stomach can digest. We eat more meat and protein than we should. We drink more unusual drinks that are mainly sugar.

We need to eat more live vegetables and fruits. This will minimize any acid reflux problems you might have.

Your body is designed to be electrically balanced. This is done by eating both acid and alkaline foods. If you eat too much acid food or alkaline food you move towards illness. Acid reflux is one of these illnesses.

When too much acid food is eaten, the stomach can't digest it completely. The excess undigested food turns into acid waste. This waste causes stomach spasms or twitching that causes an increase in stomach gas that pops open the valve between the esophagus and stomach.

Acidic stomach content is sucked into the esophagus causing a burning sensation in the chest and throat. This is acid reflux or heartburn.

Acid Reflux Remedies

Here are three acid reflux remedies that you can start using right away to decrease the effects of acid reflux

– Digestive enzymes – Just before you eat, take some digestive enzymes. There are a variety of types that you can buy in a health food store — cost is about \$15.00. Digestive enzymes will help you digest your food in the stomach and lessen the work the stomach has to do. But don't take enzymes if you

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have an ulcer.

– Drinking water – When eating your meal, don't drink any cold liquid. Cold liquid in the stomach decreases the digestive activity and your food will take longer to digest. It is best not to drink any water with your meal since this decrease the strength of your hydrochloric acid. If you have to drink water to clear your throat use water at room temperature.

– Vegetables – Eat vegetables with lunch and dinner and decrease the amount of meat and protein you eat. Don't over eat since this puts an extra load on your stomach and you may not be able to digest all this food. Try eating your vegetables raw when possible since this gives you extra enzymes and plenty of minerals. Any time you eat bread eat it with some vegetables. Bread is hard to digest and the added fiber helps its digestion and helps to move it through the colon faster.

Just doing these three suggestions will help you improve your digestion and help to relieve your acid

reflux. Concentrate on changing your eating habits and the types and quantities of food that you eat, if you want to stop the effects of acid reflux.

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Rudy Silva has a degree in Physics and is a Natural Nutritionist. He is the author of Constipation, Acne, Hemorrhoid, and Fatty Acid ebooks. He writes a newsletter called "Natural–Remedies–ThatWork.com." For more remedies and information on acid reflux, go to

<http://www.acidreflux–relief.info>

What Is Acid Reflux?

By Kathryn Whittaker

Commonly referred to as GERD or acid reflux, gastroesophageal reflux disease is an uncomfortable condition where the liquid that is in a person's stomach backs up or "refluxes" into the esophagus. Causing inflammation and damage to the esophagus lining in some patients, this can range from mild and uncomfortable to a very serious problem. Since this liquid is filled with both pepsin and acid and even bile, the reflux can cause pain and burning sensations.

It is important to note that acid reflux is a chronic condition. Once a person starts suffering from acid reflux, they are usually plagued with the problem for life. After the esophagus heals via treatment, things may be going well. However, if treatment is stopped, the condition will more than likely return in a few months. For this reason, people suffering from acid reflux need to continue lifelong treatments.

Although many people are faced with the daily discomfort of acid reflux, few truly understand that everyone actually experiences reflux. Patients with GERD or acid reflux condition simply experience a reflux that has more acid. The acid also remains in their esophagus longer.

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Reflux and acid can be harmful, but the body has a way of minimizing those affects. Usually, this occurs after eating when a person is sitting. The refluxed liquid usually follows the path of gravity and goes back into the stomach. We also have a habit of swallowing throughout the day. This also carries the liquid back into our stomachs. You may not even realize the fact that your saliva actually acts as a neutralizer for this acid.

Although acid reflux can affect almost anyone, there are instances where people are more likely to suffer from this problem. One of the best examples of this is during pregnancy. While many women experience "heartburn" or acid reflux during pregnancy, they often see a lessening of symptoms after delivery. The reason for the increased acid reflux problems during pregnancy can be explained by the fact that a fetus puts pressure on the abdomen. In addition, elevated pregnancy hormones often lower pressure in the esophagus, contributing to acid reflux. Other instances where people are more susceptible to acid reflux include patients with various diseases that affect the muscles in the esophagus.

Although acid reflux is a painful problem, there are treatment options available. There are both prescription remedies available as well as a variety of over the counter products that can help you to find relief from the pain and agitation of acid reflux. Just as abundant as medicinal remedies, there are a variety of natural remedies. One of the most recommended home remedies for acid reflux is cinnamon. If you are suffering from the pain of acid reflux, nibbling on a piece of cinnamon toast could be just the thing your body needs to alleviate your symptoms. Other home remedies include making a salad of Romaine lettuce.

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/2006/09/01/what-is-acid-reflux/>

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