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Healing Heartburn Holistically

By Dr. Rita Louise

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by: **Dr. Rita Louise**

Everyone at some point in time has experienced some form of heartburn. Often, what we notice is a bitter, sour or acid taste in our mouths. At times, we may feel as if partially digested foods or liquids are moving from our stomach back towards our mouth. Sometimes we may also experience chest pain that increases when we lay down. Each of these is an indication of heartburn.

Before we move on, however it is important to note that heartburn is only an indicator of a potentially larger digestive disorder called acid reflux or gastroesophageal reflux disease (GERD). Acid reflux is neither a serious disorder nor life threatening. This is especially true for those who only experience it occasionally. There are nonetheless millions of Americans that encounter the discomfort associated with acid reflux monthly, weekly and for some daily.

But what causes acid reflux? Well, when we eat, food moves from the mouth through the esophagus and into the stomach for further digestion. At the end of the esophagus there is a circular band of muscles that relax and allow food and liquids to pass into the stomach. It then tightens and prevents foods and stomach juices from traveling back up into the esophagus. If, however, food or digestive juices escape the stomach and travel back up the esophagus, irritating the esophageal lining, this is when many people experience heartburn.

For some, acid reflux is due to a mechanical disorder where the sphincter muscle at the end of the esophagus becomes weak or doesn't close correctly. This can cause them to experience acid reflux when lying down as well as when standing up. In addition to mechanical issues that can cause the sphincter muscle to relax, alcohol, smoking, prescription medications and certain foods such as chocolate, onions, spicy foods and mints can also lessen the gripping power of this muscle.

Other reasons people experience acid reflux includes eating large meals. A large meal increases the pressure on the stomach. This pressure can cause stomach contents to literally be pushed out of the stomach and back into the esophagus. In addition, lying down right after a large meal increases your

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chances of experiencing acid reflux because digestive juices can more easily move in the wrong direction. Pregnancy and obesity can also increase abdominal pressure and increase your risk of experiencing acid reflux as well. Other digestive disorders such as a peptic ulcer or insufficient digestive enzymes in the stomach can also cause stomach acid to build up and back up into your esophagus.

In addition to heartburn, individuals with acid reflux can experience difficulty swallowing, a persistent sore throat or feeling a lump in the throat, coughing or wheezing. In more severe cases, the individual may regurgitate blood or notice that their stool is black, which can indicate that it contains partially digested blood.

Recommendations for Wellness

Eat a number of smaller, more frequent meals instead of one or two large meals daily.

Avoid lying down right after eating. Give your body a couple of hours to digest the food you've just eaten.

If you experience acid reflux at night, elevate your head or the head of your bed 4–6 inches.

If you are overweight, begin a diet and exercise program to help you shed a few pounds.

Take a good look at what you are eating. If you are consuming chocolate, alcohol, fried or fatty foods, foods flavored with peppermint or spearmints or acidic beverages such as certain juices, coffee, tea and carbonated beverages, they may be contributing to your acid reflux and should be avoided.

If you are taking prescription medications or suffer from a peptic ulcer, discuss your concerns with to your doctor to help you rule them out as the true cause of your acid reflux.

Reduce your stress level. Sing, dance, meditate, practice deep breathing or do yoga to help your body relax. This will help to reduce the pressure on your stomach.

Carminatives such as chamomile, fennel, ginger, peppermint and sage can work to sooth stomach muscles, increase the secretions of digestive juices as well as promote bile flow.

Similarly, digestive bitters improve digestion through enhanced secretion of digestive juices

Soothing herbs such as aloe vera, marshmallow and slippery elm have traditionally been use to combat the irritation often associated with heartburn.

If you feel as if the foods you are consuming are not being digested properly, try taking digestive enzymes before each meal to help break down foods in the stomach and improve digestion. Food enzymes come in many forms. There are broad spectrum food enzymes that can help to digest proteins, carbohydrates and fats. There are also specialized enzymes that help digest specific types of foods such as fats, proteins and milk.

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Dr. Rita Louise, PhD is a Naturopathic Physician and a 20-year veteran in the Human Potential Field, and it is her unique gift as a medical intuitive that enlivens her work. Author of the books "Avoiding the Cosmic 2x4" and "The Power Within: A Psychic Healing Primer", Dr. Rita Louise, Ph.D. can help you identify what is really going on and provide you with straightforward guidance and advice. She can be reached by calling 972-475-3393 or visiting her website at

Simple Remarkable Tips To Treat And Prevent Heartburn

By Riana Lance

Heartburn is caused by the build up of acids within the stomach, usually caused by specific foods that will then be regurgitated up into the esophagus. It causes discomfort in the chest area, near the breast bone. The pain rises into the neck area and into the throat.

In its worst cases, it's burning and terribly painful. In some rare cases, though, the damage can be enough to cause cancerous cells to develop in this area. Others will suffer from painful inflammations that may also need their own treatment.

So, it's essential to treat it well and even to find out how to prevent it.

Prevention is the best course

Out of every 100 patients that suffer from heartburn, 95 of them will know what is causing their heartburn before they get to their doctor. If you know what the cause of your heartburn, you can stop it from hurting and destroying your quality of life. But, if you do not, you can easily learn about it.

Foods are the main trigger. Keep that in mind.

To find out which food, keep a journal of what you eat for several days. Yet, the longer you keep it, the better. Mark down the days when you get heartburn. Check out the kind of foods that you eat. Try to avoid them.

Yes, it's as easy as that.

Some Important Treatment Options

One of the most common types of medications for heartburn is those that are called antacids. They work for about 25% of the people that take them. This may seem like a low number.

But these medications are ideal for use when you are experiencing lower levels of intensity in the heartburn. They are also a good choice for those that do not experience heartburn all of the time.

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These are usually purchased as over the counter medications and are made by many different distributors.

If those medications can't help, the best thing to do is visit your doctor. Your doctor will prescribe medications that can actually turn off the acid producing pumps in your stomach. They will stop the heartburn from happening.

Take It Seriously

Many of those that are suffering from heartburn right now are actually experiencing more than just a little discomfort.

Chronic heartburn is a real problem. It can actually cause a lot of damage to your body's internal

organs. If you have them often, you might be harming your esophagus. Only your doctor can tell you the damage level.

If you have never had heartburn but are feeling it now for the first time and you are over the age of 40, you should contact your doctor right away.

If you have heartburn more than three times a week, you should seek get a professional help.

Riana Lance has a deep concern on health. Get her inspirational e-mail guides on Heartburn Treatments & Preventions at

Also, grasp her

other motivational health tips at

, a worth-to-visit daily updated blog.

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