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

**Heartburn Cure! Tips To Mellow Down That Burning Heartburn Pain**

**By Jed Baguio**

Heartburn is described as a burning sensation that can be felt in the chest specifically at the lower sternum. Such pain is caused by a reflux of digestive acid that shoots up and enter the lower esophagus thus resulting to a burning sensation and acute pain.

This condition is also called as acid reflux, cardialgia, pyrosis and GERD.

Statistically, 60 million of Americans suffer from this heartburn condition and needless to say its never pleasant when it occurs. That's why this article is written. To help you alleviate the pain and ultimately achieve heartburn cure. But because of the limitations of the length of this article. I'll be just covering some general heartburn cure, but if you want a detailed, step by step and immediate need for heartburn cure. I'll be happy to help you, just follow the link at the bottom of the article. It points to my blog and I'll recommend you to an ebook that has proven track record helping people achieve heartburn cure. Try to avoid scams, and this one is not. Because over a thousand of ex-heartburn sufferers can't be wrong.

Enough of that and let's get to the meat.

Its already know that some substances can cause heartburn. So, by simply avoiding this "triggers" you can achieve heartburn cure before it even started. Pretty neat huh! But what substance that usually cause heartburn? Well here's the top 10. Drum roll please....

1. Caffeine – The top spot goes to caffeine and its derivatives, like colas, chocolates and some teas. This substances can cause the esophagus sphincter muscle to relax, thus resulting to backward flow of digestive acids.

2. Fatty Foods and Oily Foods – These substances slows down digestion because they need special enzymes that can digest them. The problem with longer digestion, foods begin to pile up in the stomach increasing pressure to the sphincter of the esophagus and eventually give way. There goes the digestive acids again, burning the esophagus.

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3. Tomatoes – Tomatoes and tomato based products also causes heartburn. This kind of foods also relaxes the sphincter of the esophagus muscles.
4. Smoking – The chemicals from puffing a stick of cigarette causes to weaken the sphincter muscle of the lower esophagus.
5. Alcohol – Has relaxing effects on the sphincter muscle of the esophagus.

Now that you know what kind of foods to avoid. Let's add some tips on how to actually achieve heartburn cure.

You should try to eat high fiber diets. Also you can try some herbal supplements like ginger tea or ginger ale, which by the way is gaining popularity recently. Drinking lots of water also provides heartburn cure. Swallowing saliva. Saliva reduces acidity by 50%. Also it is best done with chewing

gums, coz it will stimulate to produce more saliva.

But still, these are recommendations. It's best to ask you're physician before trying anything.

Please visit my blog entitled Heartburn Cure

<http://heartburn-cure.blogspot.com/>

to find more

information about Heartburn Cure. Also I'll point you to my recommended ebook that helps you cure you're heartburn permanently. It's simple, detailed and step by step. So you wont miss a thing

### **Heartburn – An Acidic Indigestion To Be Forgotten**

**By Sharon Hopkins**

It can be stated as a burning feeling which keeps bothering you now and again. This happens mainly because due to acidic fluid flowing upwards from the stomach into the esophagus or the swallowing tube. Even though it is known as heartburn, it has nothing to do with the heart. It is very common digestive problem. Sometimes you can feel the pain at the same level on the back. Heartburn, indigestion and pain all go hand in hand causing problems for us. Knowing about your nutrition can help in some manner to provide relief for the heartburn.

Heartburn for our own surprise is very common in our society and people who consider themselves healthy may sometimes be the soft target. It is a very uncomfortable feeling and can sometimes be dangerous. Heartburn mainly occurs after meals and even when you skip meals can cause such problems. It has been noticed that at least once a month a person suffers from heartburn which may not be good news.

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Some common symptoms of heartburn

\*A burning sensation or pain in the chest \*Backflow into your mouth or throat makes things worse for you \*Belching \*Bloating \*Passing gas \*Headaches

Things to avoid

\*Spicy and oily food \*Medications which incite the condition of heartburn \*Eating without control \*Skipping your daily meals \*Too much caffeine \*Carbonated drinks \*Smoking \*Alcohol \*Overeating \*Citrus fruits \*Ketchup and Vinegar

Remedies

\*Sucking on to the clove may relieve you from the acidic influx

\*Having a cup of vanilla ice cream or drinking a glass of cold milk can do the trick \*Almonds help in relieving heartburn and having it everyday will help you a lot \*Eating lemon strips mixed in salt helps to prevent heartburn \*Chewing basil leaves every morning also helps \*Eating watermelon and banana would help you cool down

Sharon Hopkins the webmaster of various sites such as

<http://www.home-remedies-for-you.com>

helps

you in your daily life with its simple and easy home care remedies. Heartburn may start off as a silly indigestion but if not taken care it could cause grave damage to your health.



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