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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!

Reduce Acid Reflux or Heartburn by Strengthening the LES Valve

By Rudy Silva

Heartburn and acid reflux are typically treated with over the counter products or drugs that reduce stomach acid or block the excretion of stomach acid. It would appear that if our stomach acid needed to be diluted by antacids, our body would be smart enough not produce such a corrosive liquid in our stomach.

That fact is that we need a highly acidic condition in our stomach to properly digest protein. Using drugs to suppress this stomach acid is not the correct way to deal with acid reflux or heartburn. If you do go this route, you will be facing many disease as you get older.

There are many reasons you might have acid reflux. One reason is a weakness in the Lower Esophageal Sphincter valve, LES. LES is a valve between your stomach and your esophagus. When your LES valve is weak, it can allow acidified, partially digested food to flow back up into your esophagus. The acid in the food will burn the lining of your esophagus causing the so called "heartburn..."

Here are some natural steps that you can use to strengthen your Lower Esophageal Sphincter valve:

These foods can weaken the LES valve – coffee, peppermint, spearmint, sugar, chocolate, onions, and alcohol. Once you have strengthened your LES, you can return to eating these foods in moderate amounts.

Eliminate those foods that are known to create allergic reactions such as cow's milk, wheat, white flour, dairy products, and other foods.

Avoid overeating and having a large amount of food in your stomach. Excess food in your stomach can increase your stomach gas pressure and force your LES valve to open.

Avoid using certain drugs, although this might be impossible. If you take drugs perhaps you can start looking for and start using some natural remedies so that you can lessen the use of drugs. Here are some of the drugs at cause LES problems – NSAID's, bronchodilators, channel blockers, beta-blockers,

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antianxiety drugs, and nitroglycerine. These drugs relax the muscles around the LES valve causing them to open during normal stomach gas pressures.

Watch how you do certain physical activities, such as waist bending, straining during bowel movements, coughing, and lifting heavy objects. This increases the pressure in the stomach, causing the LES valve to open.

After a meal do not lie down. This causes food to flow back towards the LES valve putting pressure on it. So it is a good reason to eat your last meal around three hours before bedtime.

There you have it, some natural remedies and activities that strengthen or weaken your LES valve. Just applying some or all these will result in reducing the frequency of your acid reflux and heartburn.

Rudy Silva is a Natural Nutritionist. For more tips and information on Acid Reflux and Heartburn go

now to his site:

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

Acid Reflux Disorder: The Cause And Cure

By Fletcher Michaels

Heartburn is a common problem in today's world.

Acid reflux, gastric reflux, GERD, (Gastroesophageal Reflux Disease) are the many names heartburn has been given. Even though they all share many of the same traits, there are specific medical conditions that can be found in each.

Acid reflux or acid disorder reflux is a disorder of the digestive tract.

Acid disorder reflux gives the unfortunate sufferer a burning sensation in their chest and stomach. This painful inflammation is the result of hydrochloric acid. Hydrochloric acid is used by the stomach to digest food.

When the stomach and the esophagus canal is not separated by a mechanism known as the Lower Esophageal Sphincter, then the stomach acids backup into the esophagus. This refluxing motion causes an irritation to the sensitive tissues in the lower esophagus area.

Generally the esophageal sphincter muscle functions normally. It contracts and closes the esophagus area after you have had a meal. This closure prevents the stomach acid from rising up into the esophagus during the digestion process. However there are times when the Lower Esophageal Sphincter does not operate properly, then acid from the stomach reflux into the esophagus. This results in the condition that is medically known as gastroesophageal reflux disorder or acid disorder

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reflux.

The reasons for acid reflux disorder reflux are varied.

However they often occur with other health issues like allergies, enzyme deficiencies, gallbladder problems, hiatal hernia, stress and heartburn ulcers.

Food and beverage consumption is another possible cause. It is recommended that you avoid consumption of alcohol, chocolate, citrus fruits and drinks as these are known to relax the Lower Esophageal Sphincter or LES as it is called.

Coffee, tea and colas which contain caffeine should be eliminated from your diet as well. These beverages contain a substance called theobromine.

Fried and fatty foods have a tendency to slow down the digestion process. Eating large amounts of food at any time of the day can put a lot of pressure on your stomach muscles. When the food is kept in your stomach for a long period, there is increased pressure to the stomach muscles. This pressure build-up can weaken the LES.

As this is the valve that protects your esophagus from the stomach you need to take care that this weakened conditioned does not allow the digested food acids to pass into your esophagus. Therefore you should eat small meals throughout the day.

By consuming large amounts of food, you cause the LES to relax and reflux food into the esophagus leading to acid disorder reflux.

Tomatoes and tomato-based products like sauces and tomato juice will also cause the LES to relax. These tomato-based products lead to an increase in the production of stomach acid. When they reflux into the esophagus, the acidity levels cause acid disorder reflux.

By watching what you eat and taking care of your health, you stand a better chance of avoiding acid disorder reflux from entering your life and causing you pain. Besides, it's always better in the long run to eat healthy anyway.

The author is publisher of two special informational Internet resources – Heartburn Problems (

<http://www.heartburnproblems.com>

) and Dealing With Heartburn (

<http://www.dealingwithheartburn.com>

)

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