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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!

Tips For Curing Acid Reflux

By Phil Morris

You have just enjoyed a heavy, delicious meal and are looking forward to relaxing. Suddenly, you encounter a painful and burning sensation in your throat. This is called acid reflux. If you experience this frequently, you will be unable to enjoy your meals. Persistent acid reflux (or heartburn) can also lead to permanent damage of your esophagus. When this problem occurs more than twice a week, you should consider it serious. If you are suffering from this problem, do not worry. Here are some tips to cure this problem.

What is acid reflux? Acid reflux disease occurs when the acid from your stomach enters your esophagus repeatedly. This is due to the weakness and relaxation of the sphincter muscles that lie between the esophagus and stomach. Since the acid does not encounter any barrier, it returns again and again to the esophagus.

What causes acid reflux disease? High fat foods are the culprits that give rise to this problem. They weaken the muscle temporarily.

How do I treat the acid reflux problem?

There are some simple methods to treat this problem.

- Since high fat foods are the primary cause, control your intake of such foods.
- Change the position of your bed. Sometimes, you might get immediate relief by raising the head of the bed. Keep 4 to 6 inch blocks below the bed bedposts. This keeps the acid away from the esophagus due to force of gravity. But it does not work in all the cases.
- Use antacids. But use this as a short-term method or if you suffer from the problem rarely. If you use antacids for a long time, the acid in your stomach decreases, giving rise to other problems.
- Change your lifestyle habits. Quit smoking if you are a smoker. Reduce or quit drinking. Include more fiber in your foods. Eat small and more frequent meals to ensure that your stomach does not get totally

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full. Eat more complex carbohydrates like fruits, vegetables and whole grains. Cut down on your intake of fatty and fried foods. Include herbs like ginger in your meals. This is the best, healthiest and a long-term solution.

If you are having acid reflux problem for a long-time then it is advised to consult a physician.

For other great articles about acid reflux and heartburn please check out

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

and

<http://www.acidrefluxsites.info>

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and notes about a wide variety of general interest topics go to

<http://www.hortdirect.info>

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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.

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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.

There 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 additional 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>



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