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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!

Treating Acid Reflux The Natural Way

By Kathryn Whittaker

So how is Acid Reflux treated? One of the easiest cures for GERD, Gastroesophageal Reflux

Disease, is referred to as life-style changes. This consists of a mixture of changing your routine, predominantly changing your food intake. There are quite a few modifications in eating practices that can be favorable in treating GERD.

Reflux is more likely to occur when patients with Acid Reflux lie down. Reflux of acid is more damaging at night than during the day. During nighttime, when human beings are lying down, it is easier for reflux to take place. The explanation for this is simple. Gravity is not holding back the reflux, as it does in the upright position during the day. Additionally, the lessening of the effect of gravity permits the refluxed fluid to pass further up the esophagus and stay in the esophagus for a longer period of time, causing more damage to the esophagus.

These problems can be partly conquered by careful positioning of the upper body in bed. You can elevate your body either by putting blocks underneath the bed's headboard feet or by lying with your upper body positioned on a pillowed wedge. These activities raise the esophagus above the stomach, and, to some extent, reinstate the effects of gravity. Additionally, it is essential that the upper body and not just the head be raised. This elevation of the upper body at nighttime usually is suggested for all patients with GERD. Nonetheless, a good number of patients with GERD have reflux only during the day and elevation at nighttime is of little comfort to them.

Unfortunately, it is not possible to know for certain which patients will gain comfort from elevation at night. Not unless acid testing undoubtedly reveals night reflux. Conversely, patients who have regurgitation, heartburn, or other indications of GERD at night are perhaps experiencing reflux at night and certainly must use upper body elevation. Moreover, reflux also happens less often when patients lie on their left sides than on their right sides.

A variety of foods are known to increase reflux. These foods include chocolate, peppermint, caffeinated drinks, and alcohol. Fatty foods, which should be decreased, and smoking, which should be stopped, also decrease the pressure in the sphincter and promote reflux. Additionally, patients with GERD may discover that other foods worsen their symptoms. Some examples are spicy or acid-containing foods,

carbonated beverages, tomato juice and citrus juices.

These foods should be avoided. Antacids are also known to reduce the problems brought about by Acid Reflux. Antacids are said to neutralize the acid in the stomach so that there is no acid to reflux. The dilemma with antacids is that their effectiveness is short. The best way to take antacids is about one hour after eating meals or just before the symptoms of reflux start after a meal. Antacids can be aluminum, calcium or magnesium based. Other treatments such as acid rebound, intake of histamine antagonists, proton-pump inhibitors, pro-motility drugs, foam barriers, surgery and endoscopy can be carried out and should be discussed with your doctor.

If you suspect you are suffering with Acid Reflux, you should first consult your primary care physician before taking other steps.

Kathryn Whittaker has an interest in Health Matters. To find out how you can get more information

please visit this Acid Reflux

<http://www.naturally-stop-acid-reflux.com>

related site.

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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