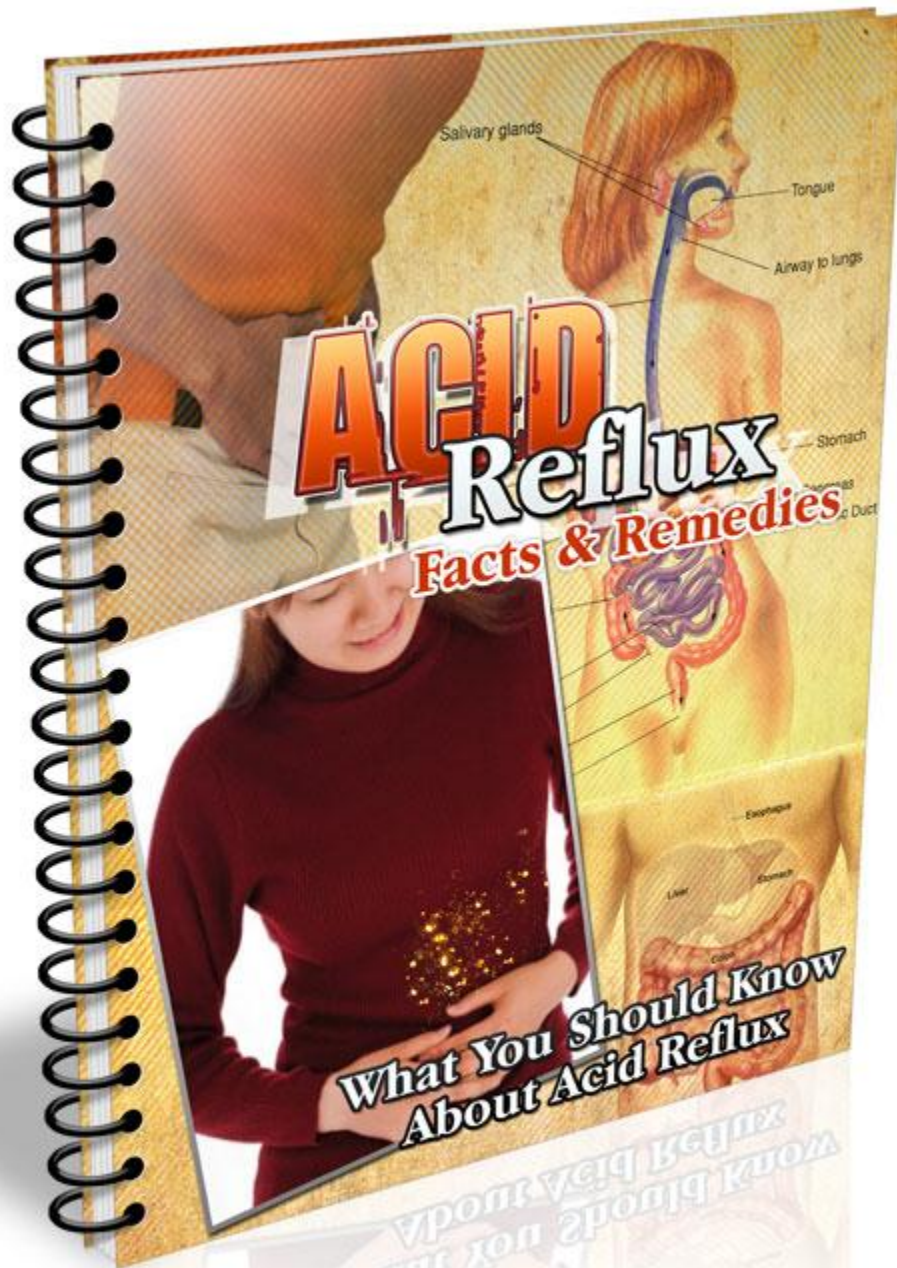




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## What Is Acid Reflux?

Many people see acid reflux as a condition that is characterized by experiencing heartburn. Although this is true, it should be noted that there are also other ailments, in which heartburn is also one of the symptoms. There are other symptoms of acid reflux though, which would help a person distinguish it from other diseases. Therefore, it is a must for someone to get more familiar about the other symptoms of acid reflux, so that he would be able to determine if it is the disease that is currently affecting him. Aside from knowing its symptoms, it is also best to understand it better, so that a person would be able to know why such symptoms are experienced by those who suffer from the acid reflux condition.

Acid reflux is actually also known as GERD or Gastro-esophageal Reflux Disease. Behind its symptoms, when you get affected by it, there is an abnormal regurgitation of your stomach's content going back to your throat or esophagus. This abnormal activity is actually the one that would cause the symptoms to occur.

For example, when you regurgitate and stomach acid reaches your esophagus causing undue damage to it, it will make you feel that burning sensation in the left part of your chest or just behind the breastbone. This is actually the reason why its main symptom is called heartburn. The burning sensation or the pain that one can experience with acid reflux varies; and, in some

extreme cases, some people would actually thought that they are having heart attack due to the pain felt in the side of the chest where the heart is located.

You can effectively tell if you have acid reflux if you experience symptoms like sour taste, burning sensation in the chest or upper abdomen and your throat's back (otherwise known as heartburn), excessive belching, breathing difficulties, tightness of throat and bad breath.

However, you should keep in mind that heartburn is not the only symptom that you can experience in having acid reflux. Another symptom that is experienced by a lot of people affected by it is the difficulty in swallowing. This is again being caused by the fact that your stomach is trying to push back its food content towards your esophagus. Additional symptoms would include hoarseness in your voice, chest pain, throat pain, ear ache, among others.

There are many possible causes of acid reflux; however, one that is commonly blamed by lots of medical practitioners is the kind of eating habits people are currently following today. Aside from eating poor diet, people also tend to skip meals, or eat too much during meal times, which basically gives too much pressure on their stomach. Aside from that though, stress can also cause someone to experience acid reflux.

By taking a look at its possible causes, you can easily conclude that in order to prevent or treat it, the best way to go would be to make some lifestyle changes. By living a healthier life, you should be able to improve your eating habits and reduce stress.

## **Foods That Cause Acid Reflux**

The fact is, not all foods are healthy. The most popular unhealthy food is 'junk foods'. Just as the word suggests, junk, which means it is like garbage. But many people are still patronizing these kinds of food.

People diagnosed with certain diseases often are given a list of foods to avoid. And this is true with the case of a person having acid reflux.

There are certain beverages and foods which cause acid reflux, and this includes the following:

- chocolate
- coffee
- spearmint and peppermint
- alcoholic drinks
- fruit juices
- fatty foods and fried foods
- onions
- citrus fruits
- spicy foods

- products which are tomato-based
- caffeinated drinks

A change in your diet is the most effective way to deal with acid reflux. Although at first you may feel deprived of these foods, think of what will happen if you continue to eat or drink these beverages and foods.

## How To Prevent Acid Reflux

You would know that you are affected by acid reflux if you are constantly experiencing one or some of its symptoms, which would include heartburn, hoarse voice, sore throat, nausea, vomiting, and such. If you want to prevent yourself from going through such an unpleasant experience, then it is time for you to know the simple steps that you can follow for it.

First of all, the best way to prevent it is to identify the things that might have caused it. Although there are many possible causes for acid reflux, it is best to determine what caused yours, so that you will be able to address it as soon as possible, and prevent the disease from affecting your life again.

One of the most common causes of acid reflux though is poor diet. A diet that consists of acidic foods, spicy foods, foods that were fried, oily foods, fatty foods, and such will eventually lead to acid reflux. This is because such types of foods will cause your stomach to secrete more gastric juices; and, when that happens, an imbalance would occur, which will then result to the regurgitation of food back to your esophagus and even to your mouth.

Fatty and oily foods will actually stay in your stomach longer, which will prompt your digestive tool to produce more acid to break the foods down.

Aside from the types of foods mentioned on top, eating too much in every meal can also cause acid reflux. This is because taking too much food at one sitting will put your stomach under a lot of pressure, which will again, cause it to use more acid.

Now that you know some of the causes of acid reflux, preventing it simply means to avoid the types of foods mentioned on top, and regulating the amount of food that you eat.

In coming up with your new diet, focus more on healthy types of foods like lean meat, fish, chicken without the skin, whole grains, legumes, fruits, and vegetables. If you are guilty of eating too much food during meal times, what you can do about it is to eat more times in a day, while minding the amount of food that you intake. For example, if you are used to eating only 3 meals a day, change it to eating 5 to 6 times. But, you need to reduce the portion of food that you eat, so that you will be able to hit your goals. Eating more times would mean that your stomach would constantly process food, but not too much of it. This practice would also ensure that you won't eat too much during main meal times, since you won't be too hungry when it is time to take your seat on the table.

Keep in mind that stress can also cause acid reflux; thus, it is time to get some exercise on a regular basis, and make sure to get enough rest, so that you will be able to provide enough time for your body to recuperate and recover.

## Simple Home Remedies To Cure Acid Reflux

Many people are being affected by the symptoms of acid reflux these days such as heartburn, nausea, vomiting, sore throat and many more. Because of the fact that symptoms of this disease are quite disturbing aside from being painful, many people today are trying to search for simple remedies that they can follow without leaving their houses. Although there are certain types of drugs that a person can take to gain relief from acid reflux, it is always better to know natural remedies for it, since they can provide more lasting effect and they are safer to use.

Here are some simple home remedies to cure acid reflux that you can follow with the use of simple items, which you can find around your place.

**1. Ginger** - One of the main causes of acid reflux is that your stomach is getting too much pressure with the kinds of foods that you eat. Eating ginger ,even in small bits of it regularly can help a lot in making your stomach relax, aside from the fact that it aids in digestion. There are two ways to take ginger to cure acid reflux. You can either eat it directly or use it in cooking your food.

**2. Baking Soda** - If you need immediate relief from the symptoms of acid reflux, the best thing to do is to make use of baking soda by mixing a teaspoon of it into a small glass of water. When you have acid reflux, your stomach is secreting acid beyond normal levels; thus, when you intake baking soda, you will be able to neutralize it, since it is alkaline. Keep in mind though that

such a remedy should only be used when you need immediate relief from the painful acid reflux symptoms. This should not be taken on a regular basis, since it can cause your body's alkaline and acidity levels to become imbalance.

**3. Yogurt** - When your stomach is producing too much gastric juices, then most likely, there is also an imbalance between good and bad bacteria. In most cases, whenever a person feels sick, whether it would be with acid reflux or not, it is an indication that the good bacteria is being overrun by the bad ones. Thus, it is best to eat some naturally made yogurt each day, in order to provide more good bacteria into your system. Aside from boosting your immune system this way, it will also ensure that your digestive system will function at its best.

These are just three of the many home remedies that you can follow in order to cure acid reflux. Always remember that healthy practices such as eating in moderation, following a healthy diet, getting enough exercise and rest, as well as drinking lots of water, will all help in curing acid reflux and prevent it from affecting your life again.

## Conclusion

Acid reflux continues to affect thousands if not millions of people all around the world and there have been findings that show that the high concentration of acid in the body can affect the kidneys, digestive respiratory and heart. Hence, it's a health problem that should not be taken lightly.

The only way to curb Acid Reflux is to reduce the amount of acid present in the body which can include medication and proper dietary and health measures in particular, a healthy eating habit and a regular physical exercise. All of which come highly recommended.

Once the production of acid within the body is regulated, you will start to feel a change in your body and certainly feel better as well. Acid reflux is not an illness that does not have a cure. With the right steps, you can prevent or eventually stop the occurrence of acid reflux and remove the discomfort it brings.

To your health!

