

The Natural Approach for Healing Acid Reflux Disease

Charles Stewart Richey

The medical community believes that the use of prescription drugs is the only valid approach in relieving the symptoms of indigestion. This, of course, is not the truth. Drugs are only good for hiding the symptoms of any condition, not for curing that condition. The side effects of prescription drugs, alone, are enough to discount their use. There are many natural remedies for treating the symptoms of acid reflux. The major difference being that natural remedies have no side effects and can actually cure the condition. They are also cheaper for the consumer.

Why is the medical community so opposed to natural therapy in favor of prescription drugs? The answer is quite easy when you consider the amount of money at stake. Allopathic medicine, pharmaceutical companies, hospitals and insurance companies are all in league to do one thing – make money. They do this largely at our expense.

There are many natural ingredients found in grocery and health stores, which can help during the acid reflux recovery period. Herbs, such as marshmallow and slippery elm have wonderful healing properties. Licorice, natural honey and aloe vera juice can sooth the esophagus and assist in the healing process.

Chewing gum between meals actually reduces stomach acid. Saliva is quite alkaline in nature. Chewing produces saliva, thereby making the stomach less acidic. .By eating dinner at least three hours before retiring, one can drastically reduce the chances of suffering from acid reflux during the night.

Eating smaller, more frequent meals is also quite helpful. One should try to eat four or five little meals each day. Instead of coffee in the morning, start the day with Kukicha Twig tea, and then eat fruit, such as bananas and melons for breakfast. During the day have several snacks of walnuts, almonds and more fruit. For lunch eat a salad, made with grilled chicken breasts, or tofu, mixed with hearts of romaine, tossed with a light lemon and chive vinaigrette.

It is essential to keep the food that you eat as alkaline as possible. Learn to cook meals that are easy to digest and have low acidity. Food like pasta primavera, baked chicken breasts on mushroom caps and sautéed white fish with mashed potatoes are all easy to prepare and delicious. Try to avoid those foods which you know trigger acid reflux until you have healed your irritated esophagus.

Keep in mind that the reason this condition exists in the first place is due to having a damaged esophagus. Let the esophagus heal by not eating the same foods in the same way that caused the damage. Exercising, loosing weight, chewing properly, drinking sufficient amounts of water and elevating the head at night, are all simple things that anyone can do to improve this condition. After

much experimentation, I found that healing acid reflux is really quite simple. With a few changes in lifestyle and with the assistance of natural resources, one can absolutely end the acid reflux syndrome, without the use of harmful drugs.

© 2006 Wind Publishing

FREE REPRINT ARTICLE

WORD COUNT: 503

CHARACTERS WIDE: 65

COPYRIGHT: 2006

RIGHTS RESERVED:

CONTACT EMAIL: jeremywind@ltis.net

COMPANY NAME: REFLUX GONE FOREVER, Natural Acid Reflux Remedies

COMPANY URL: <http://www.refluxgoneforever.com/>

Optional:

PICTURE URL: <http://www.refluxgoneforever.com/images/JeremyPic.jpg>