

Acid Reflux Free – 1 2 3

Prescription drugs are expensive, have dangerous side effects and do not cure acid reflux. They only treat the symptoms. There are many natural remedies for acid reflux and its complications. Natural remedies have no side effects and can actually cure the condition. They are also cheaper for the consumer.

Most doctors, unfortunately, have little knowledge of natural medicine. They receive no training of the natural healing skills in med school. It seems that most physicians only know how to support the pharmaceutical companies by writing out prescriptions. In fact, the medical community at large opposes natural medicine because there is no money in it for them.

If you choose to treat yourself by using natural techniques, then you are on your own unless you are lucky enough to have a holistic practitioner. Thankfully, we have the internet at our disposal where there is a bounty of information available. Our job then, is to glean out the good from the bad – to become an investigator and to find out what is best for us individually. At least, for the moment, we have the freedom to do so.

Acid reflux is essentially caused by improper eating habits. That includes what we eat, how we eat and where we eat. Most likely a person suffering from acid reflux has a damaged esophagus. It is essential to allow the esophagus to heal in order to break the acid reflux cycle. There are many safe and natural products available in health food stores and on the internet that can assist in this process. Following, are some easy steps that can be employed to become acid reflux free:

1. Eliminate the trigger causes. Everyone should know what foods usually cause acid reflux. We are all different and react to food and beverages in different ways. Many people find that by avoiding acidic foods like tomato sauce, coffee, red wine, chocolate, fried and spicy foods, they can reduce the chances of having acid reflux.

Foods that consist of highly refined carbohydrates and sugars also can contribute to this condition. Staying away from fast food restaurants is a wise thing to do. It is far healthier to eat a meal of fruit like bananas and apples, or soup and a salad than a greasy, fat filled burger with fries. Fast food places are designed to give you indigestion. By pushing that large carbonated soda with your fast food

meal, they are guaranteeing that you will have heartburn. It is always best to drink nothing with a meal, as liquid dilutes the acids necessary for proper digestion. Carbonation only makes it worse.

2. Another great cause of acid reflux is eating under stressful conditions. It is wise not to eat while reading the newspaper or watching television. Even on the subliminal level, the slightest bit of unpleasant business can contribute to stress and indigestion. I have found that yoga and meditation tend to reduce the stress that we accumulate in day to day living. Give it a try.

Have you ever noticed that you are apt to have heartburn if you mix eating with argument? Suffice it to say that one should never eat while in a negative emotional state. This is a sure fire formula for acid reflux to flare up.

Eating slowly in a relaxed and pleasant environment is essential for good digestion. Chewing food thoroughly is also important, as food is easier to digest if broken down into tiny pieces. Also keep in mind that saliva mixed with food, is the first step in the digestive process. Therefore, avoiding that quick lunch on the run, will aid you in developing more healthy eating habits and reduce your chances of acid reflux.

Another important point to make is to always allow two to three hours after eating before you go to bed. This allows the food in the stomach to go down to the next level of digestion where it will not be able to reflux up into the esophagus.

3. Water consumption is very important. Drinking water is paramount to good health in general. By drinking water at the first sign of acid reflux, one can reduce the pain by diluting the acid in the stomach. As mentioned before, one should not drink while eating, but later if there is acid reflux.

Drinking copious amounts of fresh pure water helps the body become alkaline in nature. Water flushes out the acidic toxins which our bodies collect on a cellular level. If we are alkaline in nature, we reduce the chances of developing acid reflux.

It has been proven that people who do regular aerobic exercise tend to have less acid reflux than those who don't. Walking at a rapid pace for thirty minutes a day will do the job.

There are many other aspects to consider when attempting to become acid reflux free. The information above will certainly get you on your way.

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