

Nighttime Heartburn Attacks While Asleep!

The majority of people have at one time or another had the discomfort and pain that is associated with heartburn. When you get heartburn you can feel the pressure and bloating that is associated with heartburn. If you go to a pharmacy in your area you will notice that there are a lot of remedies that are on the market today. Our lifestyles have a big part to do with the increase in heartburn case. There is a good chance if you have ever gotten heartburn that you have experienced nighttime heartburn. There is a little flap over the inside the part of the stomach that leads up to the esophagus. This small valve is supposed to help keep the acid in the stomach. When you bend over or lie down sometimes this flap does not work properly. When this occurs when sleeping it leads to nighttime heartburn. In fact nighttime heartburn is the most frequent complaint of people who suffer from this condition. Many times the individual will have enjoyed their favorite meal and even over indulged they may have had pizza or spicy food. Perhaps they had their favorite wine or a bit of alcohol. On top of that as they were out and about and their clothing could have been a bit tight and become snugger still after ingesting a full meal. All of those things help contribute to nighttime heartburn. Nighttime Heartburn Problems Sufferers of nighttime heartburn often find that they wake up with acid in their mouth or nose. They may feel as if it is hard to breathe or find themselves waking up coughing or choking. This is because the acid has come up their esophagus into their nasal cavity while they slept. Nighttime heartburn can also cause the usual pain in the chest. The individual may get up quickly seeking to expand their chest and breathe. Nighttime heartburn for chronic sufferers occurs more than once a week. Nighttime Heartburn Tips Since nighttime heartburn is a part of the general condition of heartburn it depends on the degree of severity as to the treatment. Some people use natural herbs such as fennel, chamomile, peppermint or ginger. Others seek to change their eating habits and quit eating the foods that cause the problem. Another group relies on over the counter antacids and to help them. If you try many of these remedies and they do not seem to be helping your best bet is to consult you doctor and come up with a plan get rid of heartburn for good.

About the Author

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