

Home Remedy For Heartburn - Cures And Alternatives!

Heartburn is a very common in people. It affects both men and women and also in all age groups. There are many factors that contribute to the condition. The biggest culprit is diet. Eating large and infrequent meals is the major culprit. Lack of exercise is also one of the primary causes of heartburn. While medical cause like peptic ulcers and hiatal hernia contribute to this, a proper diet and exercise can help you to overcome this painful problem of heartburn. Heartburn is not some simple disease that will go away once it has been treated. It is a painful and recurring ailment unless kept under firm control. Therefore keeping a check on food and leading a active life can alone help you in finding a cure. Some of the home remedies that can help you to combat the problem are listed below. Stop eating salty and fatty foods.

Avoid eating fruits like oranges, grapes and peaches.

Stop eating berries like blueberries, strawberries and raspberries.

Avoid eating meat and allied products, chicken salads, tuna, ham etc.

Stop smoking is possible.

Stop drinking beer and wine.

Avoid eating vegetables like onions, garlic, leeks and scallions.

Avoid consuming huge amounts of coffee and beverages like colas.

Take plenty and plenty of water every day. It has been found that a majority if people suffering from heartburn have found immediate relief with this simple home remedy.

Take antacids and gels after meals. Use only mild antacids that are available across the counter.

Avoid a heavy meal. Take small meals at regular intervals instead.

Do not sleep immediately after a meal. There should be a gap of two or three hours between your meal and a nap.

Raise the bed by about six to eight inches on the pillow side.

Drink a mixture of a tablespoon of baking soda dissolved in a cup of water.

This is known to give relief from heartburn for about 24 hours.

If you experience heartburn after a heavy meal then drink a bottle of soda. The soda will help the acid to escape from your stomach in the form of gas and relieve you of heartburn.

Go for a walk everyday.

Do simple exercise that make you sweat. Losing weight in overweight people is known to reduce heartburn.

Swimming and cycling are also very helpful in maintaining a good health and keeping weight in check.

Therefore, keep a close watch on your food and make necessary changes in your lifestyle to keep heartburn at bay.

About the Author

Home made remedies with Gulbaaz plant or seeds of Khajoor, found in India, for the treatment of acne and fresh scars.

Source: <http://www.productsherbal.com>