

## Herbal Remedy for Acid Reflux You Can Use Right Now

An Herbal Remedy for acid reflux makes perfect sense. You do not have to live with the pain you are having now. What do you eat? When do you go to sleep or lie down? What do you drink? These may not be the most important questions for many of us. But for someone that has acid reflux these are serious concerns. If you are suffering more than twice a week you may have acid reflux disease - also known as GERD. Not all heartburn is caused by GERD (Gastroesophageal reflux disease). Occasional heartburn can be caused by a variety of factors but if you have regular episodes there are things you can do to help. Heartburn is one of the symptoms of acid reflux. If you have regular heartburn the first thing you should do is stay away from expected use of antacids. Initially when you take antacids you can reduce the pain. Because they are designed to neutralize the acids in your stomach they can compel the stomach to create MORE acid - a cycle called 'acid rebound'. Some medications can also cause diarrhea or constipation or even increase the risk of food poisoning by inhibiting the cultivation of good bacteria. This is another reason why an herbal remedy for acid reflux is in your best interest. Foods such as caffeine, alcohol, citrus, chocolate, spicy or tomato-based foods may initiate a bout of acid reflux. Fatty or fried foods, onions or garlic are also on the do not eat list. Being overweight or smoking also increases the risk of GERD and lifestyle changes may help to control the symptoms. Almost anyone is at risk. But it should be noted that pregnant women, children, overweight individuals and smokers are at the top of the list of likely candidates. Young babies have immature digestive systems. National Digestive Diseases (NDDIC) says that most children outgrow GERD by the time they are one year old. However, because the symptoms are bothersome precautions like frequent burping and keeping the infant upright for 30 minutes after eating can reduce the occurrence. Older children may have to take similar precautions in diet and activity as adults. You should always discuss with your specialist when you suspect GERD to avoid future complications. Being overweight or pregnant increases the pressure in the abdomen. 25% of pregnant women experience heartburn at some time during their pregnancy. If you suspect GERD it is important to contact your doctor as there can be harmful side effects of persistent heartburn including scarring of the esophagus, asthma, erosion of the teeth and even worsened risk of esophageal cancer. Frequent, persistent heartburn can also be a symptom of other serious conditions and should be checked on by a professional. Widely used heartburn and ulcer drugs such as Nexium, Pepcid and Prilosec can make people more susceptible to pneumonia, probably because they reduce germ-killing stomach acid, Dutch researchers found in a study of more than 300,000 patients. Orange peel extract are being researched for their abilities to curb heartburn. There are three herbs that are well known for soothing stomach muscles which are chamomile, gentian, and ginger. If your problem does not respond successfully to natural remedies within a few days, please see your health care provider. In today's world more and more herbal remedies are being accepted. The need for many people to move away from drugs is at hand. For some individuals the drugs that are being taken for other ailments are not mixing well with the drugs for the new illness. An herbal remedy for acid reflux restores what you lack. In closing an herbal remedy for acid reflux makes sense. It is the safer way to treat your body than using drugs. Resource Heartspring Earth Clinic Please pass this article on to people in your life you care about.

### About the Author

Johns Hopkins Symptoms and Remedies is an invaluable home health encyclopedia which is divided into two alphabetical sections, Symptoms, and Remedies.

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