

## Discover the Heartburn Diet That is Right For You

Most people have at one time or another have suffered from heartburn and it usually has something to do with your heartburn diet. Heartburn is caused by many foods and staying away from these foods will help to eliminate heartburn. Finding The Right Heartburn Diet For You Unfortunately, there is no specific list of foods that will work for all those who suffer from heartburns however there are a few things you can do in order to treat and even prevent your heartburn. The only way to find the right heartburn diet for you is to identify what triggers it in the first place. The list of food items that can trigger heartburns is interminable and not accurate as what may trigger heartburn in you may not trigger in someone else and therefore unless you try that dish you will never know. Usually greasy food, acidic juices and beverages that contain caffeine should be avoided for the right heartburn diet; those who are sensitive to heartburns will find spicy foods to be another cause of heartburn. The recommended food items for a heartburn diet are: cereals, baked potatoes, bananas, carrots, apples and feta cheese. Treating And Preventing Heartburn Due to the fact that many of us don't know exactly the cause of their heartburn there are many drugs available in the market without prescription in order to treat and even prevent heartburn. Until you find out and decide what heartburn diet works best for you, it is recommended to take heartburn drugs to cure and even prevent an attack. Those of us that have suffered heartburns know how uncomfortable and painful they can get and therefore are willing to go to great extents to prevent and/or cure a heartburn attack as soon as possible. Helpful Tip! If you have identified the food items that cause you heartburns but still want to enjoy them from time to time, you do can so by taking heartburn drugs before you eat at least 15 minutes and that will help prevent it. There is no reason why those who suffer from heartburns should also suffer having to exclude their favorite food items from their meals. You can include in your heartburn diet the food items you like as long as you are moderate with the quantities and the administer heartburn drugs before eating. Heartburns can last for hours when not treated in time therefore, it is suggested to always carry heartburn drugs especially when you know you are sensitive to certain food types.

### About the Author

A forum where people with special dietary needs can request recipes they are looking for, or share those they have.

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