

## A Look At Acid Reflux Treatment

Heartburn is a by-product of digestion, specifically affecting the esophagus and the stomach. The esophagus is a tube that delivers food into the stomach, and it has a valve that opens and closes to allow food in and to keep it down during digestion. This valve can become lax or get overwhelmed by too much food or too much acid. This condition causes stomach acids to reflux or spill back up through the valve onto the esophagus, fanning flames of discomfort within the center of the chest. Is there an acid reflux cure? Yes and no. Yes, because it can be treated effectively and relieved, but also no, because researchers have yet to find a root cause and it can always come back. Acid reflux treatment regimens include medications, lifestyle changes, and stress management. Depending on severity, acid reflux can be curbed with as little as only a few behavioral modifications such as quitting smoking and eating better to powerful acid reflux medication treatments under a physician's supervision. Acid Reflux Medication Acid reflux medication strategies vary in how they defend against heartburn. With serious, recurrent heartburn, a physician may recommend acid reflux medications to include histamine antagonists that suppress acid secretions triggered by histamine and gastrin. You could also be prescribed proton pump inhibitors, a newer compound designed to block the last step in acid production. Prokinetic agents make up another group that, unlike the first two, does not block or suppress acid production, but instead aims to increase the pressure on the lower esophageal sphincter, helping to push food through faster. Acid Reflux Relief In many cases, lifestyle alterations can provide a great deal of acid reflux relief like changing your diet, quitting smoking, sitting up after meals, and learning to manage stress. Exercise is also highly effective in relieving acid reflux because it aids in speeding digestion and stifles one of the peskiest acid reflux culprits—being overweight. Also check out specialized pillows, shaped into wedges that help keep your head higher than your stomach so that acid stays where it should while you sleep. Others opt for natural herbal remedies found in health food stores. These herbal remedies tout all-natural ingredients that relieve heartburn symptoms and tend to be milder than medical treatments. Prescription medications are the most aggressive acid reflux treatments and are designed to provide relief for those who suffer from serious, chronic heartburn or acid reflux disease. You may have to try more than one or a combination of relief strategies in order to find out which is the most effective for you. Remember to consult your physician on any medical concern, and always keep educated and proactive when it comes to your health.

## About the Author

Supplements supporting healthy digestive function using yeasts, probiotics and antioxidants. Known to help horses prone to colic, stabled.

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