

Acid Reflux, Hereditary and Tips For Control

Have you ever asked the question if your acid reflux disease and symptoms are hereditary? Some studies have been made and suggest to a degree that hereditary may play a part in acid reflux conditions. Many doctors believe that just under 50 percent of those suffering from chronic heartburn and acid reflux can find the condition traced back to the genes. Those not in the gene pool usually find their problems come from other sources, including work stress, diet and foods they consume. The most common digestive disease or disorder in the world is acid reflux with about 1 in 5 suffering from heartburn and/or experiencing the burn of acid in the throat or esophagus. A greater risk exists for those who experience this burning / churning regularly to develop esophageal cancer. Hereditary may play a part but many other potential areas for cause need to be considered, many of them focus on the foods we eat. Top of the list and the foods most people link with acid reflux is fried and fatty foods. You know how you feel after eating these foods – slow and dragging, the same description could be applied to your digestive system. These types of foods slow down the digestion process causing food to remain in the stomach longer. Large meals can also be a problem by increasing the pressure on the stomach and can allow the acids or contents to move upward into the esophagus. Other foods can cause the lower sphincter muscle to relax causing the same results as the fried or fatty foods. These foods often contain caffeine like tea, coffee and soft drinks. Citrus juices and fruits, chocolate is another and tomato-based foods or products are another common cause of acid reflux. Alcohol can increase in stomach acid, tobacco and its destructive chemicals and compounds can slowly weaken the digestive system and esophagus making individuals more prone to acid reflux disease. Although hereditary may contribute to some people suffering with heartburn, GERD and acid reflux disease and its symptoms, by watching the foods we eat and when we eat them can offer increased ability to control the problem. If you suffer or experience heartburn regularly consult with your doctor to find out what the potential cause and what actions need to be taken to remedy the problem.

About the Author

Therefore, poor digestion is at the root of the food allergy problem both as it contributes to. Many people with food allergies have impaired.

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