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Leona L.

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Acid Reflux Tips

Practical Solutions To Solve Your Acid Reflux

By:

Zach Parker

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Are You Suffering from GERD/Acid Reflux?

If you suffer from [heartburn](#) , there is a very good chance you are suffering from [acid reflux](#) . With the most common symptoms being nausea, regurgitation, or heartburn, acid reflux is an uncomfortable but treatable condition. It is important to realize, that like any condition, acid reflux needs to be properly diagnosed before you settle on a course of treatment for your symptoms.

Because acid reflux symptoms can be serious in some cases and because they are symptoms that are sometimes shared by more serious disorders, it is important for your doctor to properly diagnose your disorder. This is usually done by a series of tests that can confirm diagnosis or rule out other potential possibilities.

- * Barium X-rays can help doctors identify abnormalities in your digestive tract.
- * One of the tests that is commonly used is called the Bernstein test. During this test, heartburn symptoms are replicated. Also called the acid profusion test, this is often performed in conjunction with a variety of other diagnostic tests.
- * Endoscopy is a process where a camera is used to take pictures through an endoscope.
- * An esophagoscopy allows doctors to see inside the esophagus. Similar procedures like a gastroscopy or a duodenoscopy allow doctors to see inside the stomach and intestines. Sometimes, these procedures are performed simultaneously. Doctors usually refer to this as an esophagogastroduodenoscopy.
- * Manometry is a process where a tube goes down a patient's nose and into the esophagus. Connected to a sensor, this device sends information to a computer, measuring the muscular pressure in both the stomach and esophagus.
- * Esophageal manometry allows doctors to measure the motility of the LES (lower esophageal sphincter) at the top of the stomach, as well as the rest of the esophagus.
- * A PH Monitor is a thin tube made of plastic. This tube is equipped with a special sensor that is able to measure the amount of acid that refluxes or backs up into the esophagus.

If you have concerns that you are suffering from acid reflux, it is important to realize that you shouldn't just simply pop an over the counter pill as a quick fix each time you experience this problem. The bottom line is that acid reflux usually comes back and is a lifelong problem.

The good news is that acid reflux is highly treatable once properly diagnosed. Since, in rare cases, acid reflux can actually pose very serious health risks, it is important to consult a physician to confirm both the diagnosis and the seriousness of your chronic condition so you can follow the best treatment plan catered toward your individual situation.

What Is Acid Reflux?

Commonly referred to as GERD or acid reflux, gastroesophageal reflux disease is an uncomfortable condition where the liquid that is in a person's stomach backs up or "refluxes" into the esophagus. Causing inflammation and damage to the esophagus lining in some patients, this can range from mild and uncomfortable to a very serious problem. Since this liquid is filled with both pepsin and acid and even bile, the reflux can cause pain and burning sensations.

It is important to note that acid reflux is a chronic condition. Once a person starts suffering from acid reflux, they are usually plagued with the problem for life. After the esophagus heals via treatment, things may be going well. However, if treatment is stopped, the condition will more than likely return in a few months. For this reason, people suffering from acid reflux need to continue lifelong treatments.

Although many people are faced with the daily discomfort of acid reflux, few truly understand that everyone actually experiences reflux. Patients with GERD or acid reflux condition simply experience a reflux that has more acid. The acid also remains in their esophagus longer.

Reflux and acid can be harmful, but the body has a way of minimizing those affects. Usually, this occurs after eating when a person is sitting. The refluxed liquid usually follows the path of gravity and goes back into the stomach. We also have a habit of swallowing throughout the day. This also carries the liquid back into our stomachs. You may not even realize the fact that your saliva actually acts as a neutralizer for this acid.

Although acid reflux can affect almost anyone, there are instances where people are more likely to suffer from this problem. One of the best examples of this is during pregnancy. While many women experience "heartburn" or acid reflux during pregnancy, they often see a lessening of symptoms after delivery. The reason for the increased acid reflux problems during pregnancy can be explained by the fact that a fetus puts pressure on the abdomen. In addition, elevated pregnancy hormones often lower pressure in the esophagus, contributing to acid reflux. Other instances where people are more susceptible to acid reflux include patients with various diseases that affect the muscles in the esophagus.

Although acid reflux is a painful problem, there are treatment options available. There are both prescription remedies available as well as a variety of over the counter products that can help you to find relief from the pain and agitation of acid reflux. Just as abundant as medicinal remedies, there are a variety of natural remedies. One of the most recommended home remedies for acid reflux is cinnamon. If you are suffering from the pain of acid reflux, nibbling on a piece of cinnamon toast could be just the thing your body needs to alleviate your symptoms. Other home remedies include making a salad of Romaine lettuce.

The Causes of Acid Reflux

Acid reflux is a problem that plagues many Americans, causing them pain and discomfort. Commonly referred to as GERD, acid reflux is the term used to describe gastroesophageal reflux disorder. An uncomfortable and often painful condition where a person's stomach liquid backs up or "refluxes" into his esophagus, acid reflux is the cause for pain, agitation, and discomfort in many Americans.

Although many people recognize that they suffer from this chronic condition, some people don't really take time to consider where the problem stems from. Perhaps you have already found an over-the-counter drug, a prescription medication, or even a natural remedy to ease your discomfort. The bottom line is that not everyone who suffers from this disorder is aware of the causes. One of the most common causes of **acidreflux** is abnormal levels of acid. It is important to know that everyone has reflux. It is common and normal. However, in patients with acid reflux, the reflux has a higher acidic content, making it painful and burning as it affects the lining of the esophagus.

Another cause for acid reflux is a weakening of LES pressure or lower esophageal sphincter pressure. This is especially common in pregnant women. Combine that with the fact that the growing baby is putting new pressure on the woman's abdomen, and it is not difficult to see why acid reflux is so common in pregnancy.

In some cases, acid reflux is caused by esophageal contractions. These contractions can actually cause reflux to back up into the esophagus. This causes pain, discomfort, and irritation for patients. Although this isn't something that can be magically cured, there are things your doctor can recommend to help you cope with the symptoms.

Another reason many people battle acid reflux is because of hiatal hernias. Hernias occur when the top part of your stomach juts through an opening in your diaphragm, lodging itself up into your chest. This can

cause acid reflux in patients. Since the LES (the muscle connecting the esophagus with your stomach) usually keeps your stomach liquids from backing up into your esophagus, it is logical that the weakening of the LES caused by a hiatal hernia can contribute to acid reflux.

Another cause for acid reflux can be the speed at which your body empties your stomach. If this is not done at a normal rate, the result can be acid reflux. There have been a variety of tests and research compiled on this topic, with some interesting information revealed. Medications you are taking could actually contribute to your acid reflux.

Although there are various causes for acid reflux, the good news is that there are also various modes of treatment. You do not have to silently suffer with the uncomfortable, burning sensation that accompanies this chronic disorder. As in the case of any disorder, it is important to consult your doctor for an accurate diagnosis. After doing so, you might want to do a bit of exploring on your own to find natural remedies that can help you tame your acid reflux symptoms.

The Symptoms of GERD/Acid Reflux

[Acid reflux disease](#) or [GERD](#) is a problem that many people face on a daily basis. Although everyone has reflux, a patient with acid reflux actually experiences a burning, painful sensation as the stomach liquids back up into the esophagus. This can be an uncomfortable and even serious medical problem.

In most cases, the symptoms of acid reflux are painful and uncomfortable but not seriously damaging to a person's health. These types of symptoms are referred to as "uncomplicated" acid reflux. The three most common symptoms are nausea, regurgitation, and heartburn.

Patients with acid reflux often report suffering from nausea. In fact, nausea as a result of acid reflux is so common that when a patient experiences nausea with no apparent cause, a doctor usually suspects acid reflux as the culprit.

Equally as common as nausea occurring from acid reflux is regurgitation. Regurgitation occurs when refluxed liquid actually backs up into the mouth. Sometimes, this liquid can contain food. When a patient regurgitates, they often experience a burning sensation as refluxed liquid and food bypass the UES (upper esophageal sphincter) and make their way into the mouth.

This burning is often accompanied by an awful, acidic taste. If a patient continues to experience regurgitation, it can actually cause damage to their teeth as the acidic substance erodes the enamel that encases each tooth.

Probably the most common reported complaint of acid reflux patients is the presence of [heartburn](#). This is usually characterized as a searing pain in the chest. It can either begin in your upper abdomen or actually travel up to your neck. For some patients, this can be a cause for alarm. In fact, many people have mistaken painful acid reflux for a heart attack. Heartburn is especially prevalent after eating meals. Although heartburn usually goes away, the bad news is that it is usually a lifelong problem that will eventually return.

Although most forms of acid reflux do not pose serious health risks, there are complications that can occur from acid reflux. One of the most common complications comes in the form of ulcers. If the liquid from the stomach that refluxes, damages the lining of the esophagus, inflammation can occur. If the damage is deep enough, an ulcer can actually form. Scar tissue can form a "stricture" which can cause food to get lodged or stuck in the esophagus.

Another complication that can arise from acid reflux is Barrett's Esophagus. If a person has severe acid reflux, this causes changes to the cells that surround and line the esophagus. These can turn pre-cancerous and even evolve into cancer cells.

There are many other complications that sometimes occur as a result of acid reflux. Asthma and coughs can be intensified or sparked by acid reflux. The same is true of inflammation of the throat, larynx, or lungs. A patient can also experience fluid in his sinuses or middle ears.

Although the complications associated with acid reflux are rare, it is important to keep in mind that acid reflux is a condition that should be treated by your doctor. There are also a variety of effective home remedies for acid reflux. If properly handled, it is a highly treatable condition. If left unattended, you risk the possibility of causing irreparable damage to your body.

Treatment Options for GERD/Acid Reflux

One of the best ways to deal with acid reflux disorder is by making lifestyle changes. The foods that you consume can have a real affect on your [acid reflux symptoms](#). There are foods that you can incorporate into your diet to relieve acid reflux pain. One of the great remedies is a tea made from anise, peppermint, and lavender. The combination is soothing, reducing the acidic content of your stomach. The mixture can be made with a bit of honey to make it a bit tastier. Anise helps your digestion while peppermint calms heartburn and gas. Lavender is a soothing body aid that also reduces stomach acid.

Certain fruits also help with [acid reflux treatment](#) because of enzymes that aid digestion. Try adding a papaya or a pineapple to each meal. Papaya helps aid in digestion and pineapple reduces inflammation, and the high enzyme content can help stop acid reflux. For people that don't care for pineapple or papayas, chicory root is a great alternative. Boil it in water, allow it to cool, and drink it as a soothing tea.

Another way to ward off acid reflux symptoms is to eat more salad. Incorporating a salad into your daily meal plan is a great way to reduce the painful symptoms of acid reflux. Best of all, salads are healthy, containing nutrients your body needs to flourish.

Other lifestyle changes that can help you get rid of acid reflux pain include limiting your coffee and alcohol consumption. If you are a smoker, breaking the habit could cut down on acid reflux symptoms. Make sure to sleep with your upper body elevated. Often, sleeping at an angle that works in conjunction with gravity allows your stomach acids to properly travel to your stomach right where they belong.

Over the counter medications are available to help with acid reflux symptoms. You need not look far in your local pharmacy or supermarket to find a variety of products claiming to zap out acid reflux pain. Many of these over the counter remedies work well but may not be an [acid reflux cure](#).

In some cases, over the counter medications and home remedies just don't do the trick in wiping out acid reflux symptoms. If this happens, your doctor may suggest prescription medications. Your doctor may prescribe a histamine-2 blocker or a proton pump inhibitor to help with your acid reflux symptoms.

It is important to note that symptoms differ from person to person. The same is true of effective methods of treatments. What works for one person may not work for another. Your doctor can best advise you on the optimal treatment plan for your individual condition.

What Not To Eat for Acid Reflux

Perhaps you have been taking far too many antacids these days and you are wondering if there is possibly an alternative to popping the fat little white pills or [natural remedies for acid reflux](#). Indeed, there is a much more sensible solution to acid reflux/heartburn, and it all starts with what you eat.

People are not born with acid reflux; this condition occurs as a result of lifestyle choices including - diet, exercise, and stress levels. So, it does stand to reason that if diet is one of the causes of acid reflux, then it is more than likely that choosing your foods wisely can also alleviate it as well.

In order to reduce or eliminate acid reflux you are going to want to stay clear of fatty and acidic foods in general, as these tend to increase acid secretion for digestion. For example, you'll want to steer clear of all citrus fruits (and juices) like oranges, lemons, and tomatoes.

In addition, you will want to avoid high fat steaks (where the meat has a marbled appearance), butter, pasta, sour cream, ice cream, mashed potatoes, chicken nuggets, buffalo wings - I think you can see where we are going here. As well, you will need to avoid coffee (decaffeinated or regular), all forms of alcohol (except in very small doses), and all forms of tea. Coffee in particular has been shown to increase activity in the esophagus, with studies showing that it is not caffeine in particular that causes it, but other ingredients found in the beans (no matter which way they are roasted), can be a strong contributor.

Don't fall victim to the old wives tale of milk calming the stomach down after a big meal. While it may help you in the short term for a bit, over the long haul it is going to cause more damage by causing reflux while you are sleeping.

The list of foods that will reduce the occurrence of acid reflux, are not surprisingly, reflective of every nutritionist's guide to sensible eating. Suggestions being; apples, bananas, baked potatoes, broccoli, cabbage, carrots, fish, eggs (whites only), goat or feta cheese (you want to avoid all other cheeses), rice cakes, and whole wheat bread.

At the end of the day, what you should be aiming for is to reduce an overabundance of acid secretion, steering clear of foods that require more enzymes to aid in digestion.

Food intake is not about what you eat, however, you will also want to change your eating style or habits as well, as this also contributes to either a regular amount of acid secretion, or an abundance of it, which will result in acid reflux. Eating little but often every two-three hours, rather than purging on big meals is the ideal. Eating a lot of food at one time is tough on your digestion system, so it overcompensates by secreting more acid in an attempt to funnel the food through your body.

I realize it can seem a little restrictive at first making changes to your diet. However you can either continue to make unwise diet choices like steak, potato chips, alcohol and coffee and chug antacids to counteract the acid reflux, or you can change your lifestyle just a bit and reduce the occurrence of heartburn, and likely feel a whole lot better overall.

Once you have your acid reflux symptoms under control you will likely find you can reintroduce some items back into your diet, only in moderation, without experiencing any painful side effects. Keeping a food diary and your reaction to what you consume should give you an idea of which foods are the worst triggers for you. Your [acid reflux diet](#) can do wonders to solve your acid reflux once and for all.

For the latest information on acid reflux [click here](#).