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| Acid indigestion can be the source of many problems if left untreated; however, using antacid every time discomfort is felt is not a beneficial solution to the problem. Every year, Americans spend close to three billion dollars on medications to treat heartburn. One survey showed that around 25 million Americans take antacids twice a week (Wolfe 12). Taking so many drugs is not good for the body because many of them interfere with the absorption of nutrients and also give the body another chemical that it needs to get rid of (Balch 7). These drugs do not solve the problem; they just treat the symptoms. Antacids can also cause trouble because most patients do not know the limitations and proper use of the drugs (Wolfe 49).  Aside from causing more long-term problems, antacids have a variety of side effects, including: diarrhea, problems metabolizing calcium, and kidney diseases (Rosenthal 75).  Some antacids are made with calcium, and while calcium is good for the body, this medicine should not be taken as a supplement. Calcium based antacids can cause acid rebound where the stomach produces even more acid, causing the reverse effect that was desired (Balch 13).  Other antacids are made with magnesium hydroxide and magnesium carbonate, which both have a laxative effect and are therefore mixed with aluminum compounds, which tend to cause constipation. The excess aluminum can accumulate in the brain may eventually be a factor in Alzheimer�s disease. They also can cause problems with people who have kidney trouble. People with kidney trouble cannot expel all the magnesium and the minerals can accumulate, causing high blood pressure (Balch 13).  It is due to all these complications that finding natural ways to beat indigestion is so critical. As nutritional supplement expert Earl Mindell, R.Ph., Ph.D., said, "Manufacturers won�t admit it-but their antacids are often the cause of chronic stomach pain. Please don�t take antacids for indigestion...You can beat indigestion naturally" (Balch 14).  Heartburn is a huge problem in the United States and is often treated in harmful ways. Although there are many alternative ways to treat heartburn, most people use over the counter medicines that have negative effects on their heath. The problem of antacids brings up questions regarding the effectiveness of natural cures for heartburn. Can natural foods act as alternatives to antacids in relieving the pain of heartburn and reducing the level of acidity in the stomach? We feel it is important to discover how effective alternative treatments to acid indigestion can be in order to find cures that are beneficial to the body.  [<-----Back](http://docs.google.com/intro2.html) [Next----->](http://docs.google.com/procedure.html)  [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |