NATURAL REMEDIES DIGESTION

**SOURCE: <http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/?_r=0>**

**[Chris C](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/?_r=0)**

**Prairie Wind**

 Canada [June 30, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=165)

For years, I've used fennel or green cardamon pods to counter acid reflux. Works every time and better than anything else I've found. Chew on the fennel or suck on the cardamon and within minutes the AR goes away. Cheaper and no side effects...the only draw back is the taste can take some time to get used to.

**towanas**

 Alabama [June 30, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=162)

Just two words....."LOW CARB"

**Julie**

 Ca. [June 30, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=156)

I have treated GERD/acid reflux successfully with acupuncture I can't even remember most of the patients who had it. I'm disappointed that acupuncture isn't mentioned in this story, especially since it works so well and usually very quickly. Needless to say, it's also inexpensive compared to the patient's marriage to pharmaceuticals for this condition. Yes, herbs, including Chinese herbs, work great for the condition too, and so do many lifestyle changes (coffee, wine, eating late, not walking after eating, breathing and chewing while eating, to name a few), but acupuncture treats it easily and quickly.

**al**

 mass. [June 30, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=149)

highly recommend mindfulness meditation for any heartburn sufferers. don't think stress (or stress management, rather) was stressed enough in the article as a root cause.

**KRKG**

 Indiana [June 30, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=148:4)

A couple of things that work for me: I don't eat after 8 PM, cut fatty and fried foods, sleep on a wedge pillow, and, believe it or not, I focus on my posture. Not only has it helped with my GERD, the last time I saw my doctor for a bone scan, I'd "grown" a quarter of an inch. Not bad at 63!

**uwak**

 philippines [June 29, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=142)

I used to have an acid reflux. After stomach ultrasound my doctor suggested that I may have stomach ulcers so I was told to take proton pump inhibitor. but the same does not yield a positive result after more than a year of taking, which I eventually stopped. Hopeless, I tried a remedy common to our hometown somewhere in the island of Mindanao; that if you missed a meal and you get sick as a result therefor, eat a burnt portion of a cooked rice which is called "dukot" in the vernacular. Mixed this "dukot" with boiling water and eat it. Likewise, purposely burned rice or burned corn grits-this is an alternative staple in the absence of rice which is rather expensive, are taken like coffee and believed to cure stomach ulcer. This is how it is prepared. Either rice or corn grits are pry it without oil in a pan. Adjust the fire a very low level to prevent rice or corn from being burned instantly. Keep on stirring the rice until cooked or colored dark brown like coffee. When cooked, either mix it with boiling water or boiled it. In my case, I drink it to obtain relief from acid reflux. I just limit the amount so as not to make my rice coffee taste bitter. At present, I no longer have acid reflux. Try this ancient remedy from the Philippines. Email me for details. I'm willing to share. Don't put sugar if you can. Though it's ok.

**Maggie**

 New Haven, CT [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=136)

I had terrible GERD until I went gluten free in 2007. It won't work for everyone, but it's been wonderful for me. I had several health problems that took a while to resolve, but the GERD relief was almost immediate (just a few days). I have to follow the GF diet strictly or I suffer the consequences. Easy to do because the alternative is to be miserable. Google celiac or gluten free - reputable info out there but be careful of celebrity diets!

**msII**

 nyc [July 1, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=136:2)

I had the same experience! Quit virtually all carbs, not just gluten, and my daily protonix habit of 5 years was gone in just a few days. I now happily eat "paleo" with lots of protein and veggies and minimal sugar and starches and have lost 15 lbs and never felt better in my life.

**Vivekananda**

 Washington DC [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=135)

How long before "modern" medicine is replaced by Ayurveda ? Ayurveda makes suggestions for lifestyle changes and provides completely harmless cures based on natural cures. Do not drink water or soda for at least one hour before or after after the meals. This kills the digestive fire and hence causes acid reflux, gas, IBR, collitis, and constipation. Also it is recommended to eat a fresh piece of ginger before meals to catalyze digestion. Eat lunch between 12 - 1 PM when the digestive power is at its peak due the sun.

**Raoul**

 California [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=131)

The winner of the Nobel prize in medicine, Dr. Barry Marshall, at one point said that fifty percent of what is taught in gastroenterology education is wrong. The PPI fiasco is good evidence that Marshall was right. I was handed a PPI prescription for GERD in the heyday of PPI prescribing and had a real struggle getting off of them due to the acid rebound effort of withdrawal. DGL licorice and gum mastic helped during the couple of months it took for the horrible PPI induced acid rebound to subside to normal. And my reflux turned out to be due to wheat gluten, though I am not celiac. A year off all wheat and gluten and not the slightest trace of reflux or GI distress remained. That was seven years ago, and I've never had a hint of GERD or GI distress since, as long as all wheat and gluten is avoided and I follow a Paleo or Primal type diet.

**Sarah**

 New York, NY [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=128)

I weaned myself off a PPI just recently (hoping it will stick)! Here's what I'm doing:  
- smaller meals (but not that much smaller, more like fewer restaurant meals, packing my own lunch)  
- no carbonated drinks  
- aloe juice (I got a jug at CVS and drink about a 8 oz. a day)  
- fiber supplements  
- recognizing that when I get acid reflux it is stress related and finding ways to reduce the stress in the moment, usually through exercise

**Kyle**

 NY, NY [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=127)

I had GERD for years and was taking Zantac. It wasn't until I noticed that my finger nails had become wavy that I realized I had an vitamin absorption issue and iron deficiency.   
  
I then took ph Ion Balance alkalizing mineral drops. Again, for a long time. However, I read that excessive consumption can raise aluminum levels.  
  
Through pure happenstance I was lead to something that seems to have really helped me. Due to bronchitis, I was prescribed a 5 day course of antibiotics. Worried about my stomach, I upped my yogurt intake and starting drinking kefir. Goat milk kefir, specifically. And I have to say, with respect to my GERD, I have not looked back. I occasionally take Alka Selzer at night after a late, heavy meal but otherwise I think drinking Goat Milk Kefir has changed my life.

**David**

 Ireland [June 28, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=105:1)

### Certain beers will give it to me almost instantly as well.  My indigestion disappeared abruptly when I quit eating wheat 18 months ago. I learned Daniella

 NYC [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=97)

This subject is very close to my heart & something I am extremely passionate about. I am 28 years old, healthy and active. For 8 years I was on a mixture of prilosec, reglan, aciphex prescribed by my GI doctor for acid reflux. I was only getting worse, and my DR kept telling me to take meds and eat bread to coat my stomach and relieve the acid. He said I would just have to adjust my lifestyle to deal with the problem. By 27, I was getting consistently worse with bouts of nausea and throwing up - not being able to eat besides some rice and soup. It seemed ridiculous that for a healthy girl in my 20s I was this sick. Thankfully I ran into an old friend who had similar problems, and told me about a holistic doctor who had changed her life. Although expensive, she assured me that it was worth it. I saw Dr. Ash for the first time in June 2011. He believes that most of our illnesses are brought on by specific food allergies and processed food that we eat. I went under a ton of tests, found my allergies/intolerances and started changing my diet. I say this with zero exaggeration - changing my diet completely changed my life and made the acid reflux disappear (along with headaches, exhaustion, rashes). Generally, I took out dairy, sugar, soy and wheat from my diet, and within 5 days I was off all acid reflux medicine, eating and feeling like a healthy person. This was over a year ago and I still feel fantastic. I tell everyone who listens: You are what you eat. [www.ashcenter.com](http://www.ashcenter.com/).

triggers for me and maybe for you as well.

**Marilyn Stults**

 New York City [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=83)

I would urge anymore experiencing these symptoms to try a gluten-free diet for a couple of weeks. I, too, experienced the acid reflux and severe anemia, but I just thought the acid reflux was due to my hiatal hernia. However, almost immediately after going gluten-free, the acid reflux vanished. None of the doctors who treated me even mentioned a possible gluten sensitivity or full-blown celiac disease - I found out that gluten could cause these problems in an article I read online and decided to give it a try. I've been gluten-free for over a year and have never felt better in my life!

**Arlene**

 Texas [June 27, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=49)

My 20 yr. old son was prescribed Nexium for a year! He was not overweight and had severe GERD. After about 5 months, I took him off Nexium and started him on GDL, a natural supplement from the licorice plant. He immediately felt relief and after about 6 months he was well enough to stop taking it, now only doing so when symptoms flare up. GDL does not suppress the production of acid in the stomach and does not appear to have noxious side effects. Just make sure to pick the type that is formulated so as not to raise blood pressure, a common effect from licorice. I don't think big pharma has our best interest in mind, only their bottom line. You, as a consumer and patient, have to take charge of your health and do the necessary research to treat your symptoms.

**Scott**

 Bethesda, MD [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=42)

The main reason for this epidemic is, I believe, the myriad and plentiful forms of sugar (and high-calorie food in general) that comprise the modern American diet. Several years ago, in my mid/late 20s, I rarely exercised, ate too much junk, and often before bed. After years struggling with heartburn, an illness left me with an excruciating esophageal ulcer. After recovering, I began eating a light and healthy diet, for a while foregoing alcohol, caffeine, and most fat and carbs. I also spent a few months on Prilosec and other prescribed meds. Then I started running. Now in my mid 30s, I might experience slight reflux twice a year after a night out. I can't remember the last time I had so much as a Tums tablet. I eat healthy most of the time, but I also allow myself the occasional fried food, beer, dessert, etc. Maybe it's not a panacea for everyone, but daily exercise (REAL exercise, running 40+ mpw plus 2 days of strength training, not 10 minutes of machines in a fitness center) has been a miracle for me. I can eat almost whatever I want, although I rarely want to eat junk anymore. The average American's sedentary lifestyle combined with life in a giant candy store practically guarantees dependency on medication. The only healthy solution is to move your body, and to resist the constant barrage of addictive garbage that passes for food. Of course, the companies that sell us the "solution" have a vested interest in allowing the roots of the problem to continue.

**Teresa**

 Brooklyn [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=27)

I suffered for a long time and my doctor prescribe meds but I didnt want to go that route. A friend suggested APPLE CIDER VINEGAR with THE MOTHER. Its a live culturer probiotic that combats the issues and I no longer have pain or problems. A tablespoon in a glass of water twice a day. Add honey, sugar or mint and it could pass for a lemonade. It will work!!! The best part of it is that I am not a bound by the drug companies

**Ben**

 Kentucky [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=13)

Probiotics every day, powder form, in fluid helped my GERD tremendously. PPIs do terrible things to my stomach and body. Look up a probiotic GERD protocol and try it--it will be painful to get off a PPI, but you will be free. Once you succeed, you will not look back, in my experience. In my experience, they were hideous. And really, there will never be a good time to make a change in your life--it just doesn't work that way. You have to just go ahead and make the accommodations that are necessary.

**ncs**

 NYC [June 26, 2012](http://well.blogs.nytimes.com/2012/06/25/combating-acid-reflux-may-bring-host-of-ills/#permid=7)

A low-carb paleo diet cured me of my nightly GERD and overall acid reflux. Very simple nutritious solution that got me off of daily PPI prescriptions.