

## The Foods to Avoid that Causes Acid Reflux

Problems in the digestive system should not be neglected. There are different possible digestive system disorders or diseases that are most often neglected by many people. The most common digestive problem is the acid reflux or gastro-esophageal reflux disease, mostly known as heartburn. Acid reflux affects different ages from infants to young children and adults as well. This disorder should be given special attention because it can lead to a more serious problem that could affect the respiratory system.

Acid reflux is determined through the symptoms associated with it. Symptoms such as a burning sensation in the chest or throat, wheezing, hoarseness or other symptoms associated to it should never be neglected because these symptoms of acid reflux also are similar to heart attack.

An individual with these symptoms should immediately consult a doctor to determine if they have acid reflux disease or symptoms of a heart attack. Once the doctor has diagnosed the individual with acid reflux, they should take proper medications to aid in this condition to prevent further problems.

Fortunately, advancements in medical treatment have been introduced lately, making it possible for individuals with acid reflux to undergo medical surgery, as such, providing a permanent remedy for acid reflux in a fast surgical procedure. On the other hand, acid reflux surgery can be quite expensive; therefore, natural remedies to rid of the problem are an option for those individuals unable to have surgery.

As most people know, acid reflux or heartburn can occur at anytime but are likely to occur after having a heavy meal with high acidic foods. As such, individuals should avoid foods that are highly acidic to prevent this condition to occur. Even fried and fatty foods should be avoided. These sorts of foods can lead to more severe symptoms that could affect the respiratory system. Even chocolates are considered a no-no for individuals with acid reflux because chocolates are highly acidic too.

If you have been diagnosed with acid reflux, try changing your diet by choosing the right foods and eating healthy. Exclude foods with tomatoes and citrus fruits because tomatoes and citrus fruits are very acidic as well. Also, food with spices such as garlic, onions, red or black pepper and chili powder can cause the condition to flare. Ginger, however, is a natural remedy used to relieve heartburn.

Here are some foods that should be avoided by individuals with acid reflux.

Fatty foods like hamburgers and hotdogs is one of the risks in triggering this painful condition. Certain vegetables like cauliflower, Brussel sprouts, cabbage, and broccoli causes acid reflux also. Most of all, avoid caffeine found in teas, coffee and sodas. Caffeine causes acid gastric secretion that can lead to the problem.

There are other ways to aid the elimination of acid reflux that does not involve eating, this is done by limiting your food intake. Usually, heavy meals in one time can cause acid reflux than eating small portions of foods in every meal. Eating heavy meals can result in stomach problems due to foods unable to breakdown properly for stomach consumption, therefore causing acid reflux.

Acid reflux is a condition that needs attention. It can lead to worse conditions if unattended. Individuals should take preventive measures to avoid possible occurrences of acid reflux, whereas, avoiding also the foods that causes acid reflux in an individual to happen. Learn to diagnose the problem caused by acid reflux and take preventive measures in avoiding possible occurrences of this disorder by avoiding possible foods that can cause acid reflux.