

The Right and Effective Home Remedy for Acid Reflux

Are you fond of eating junk food, protein-rich food and processed foods? If you do, well, this is bad news for you. You are certainly a candidate for an acid reflux problem in your stomach and esophagus.

Acid reflux is a condition that is a prelude to ulcer. It is caused by a disturbance in the acid-alkaline condition in the stomach.

Eating specific acid foods that are hard to digest induces stomach spasms or twitching which causes the cardiac sphincter, opening between the esophagus and stomach to open for gases to form that should not.

This is an indigestion problem that has gotten out of hand and created acid wastes to flow up to your esophagus causing an irritation. This irritation, if not controlled can result to ulcers and other infections. The acid reflux diet that you have been eating should now be changed.

Once you have the symptoms of acid reflux, you need not resort to medications at once to cure the problem. You can start with home remedies that are surely less expensive.

You may start with changing your diet. You have to say goodbye to the following food and beverages: tea, coffee, radishes, garlic, onion, spices (pepper), oils, alcohol, sugar, soft drinks, diet soft drinks, asparagus (Brussels sprouts), high protein foods, pasta noodles, corn starch, eggs, plums, prunes, cranberries, and all processed foods including junk foods. Now, you may want to cry. All your comfort foods are gone.

If you think, you cannot abruptly eliminate them in your diet; start with taking just small amounts. Then start substituting them with the following: fruits, citric fruits in small amounts though due to their acidic content, all kinds of vegetables and almonds.

If you feel that you are not feeling the acid reflux symptoms anymore, you may go back to your previous diet in moderation though to prevent recurrence of the acid reflux.

Aside from proper diet, there are practical home remedies to avoid the acid reflux symptom. They are:

- Avoid smoking before or during meals.
- Eat in an upright sitting position.
- Do not lie on the bed immediately after eating.
- Take small walks after eating. It stimulates the digestive system.

- Avoid exercise after a large meal.
- Avoid wearing tight clothes.
- Do not drink alcohol while eating.
- Chew food slowly and thoroughly.

One of the home remedies for treating acid reflux is the ginger alternative. Ingesting ginger with a meal helps to reduce an upset stomach. The ginger is grounded and added to foods and taken in tea or capsule form. Most herbalists recommend consuming 500mg. of ginger with a full glass of water after meals.

We are often told by our physicians to drink more water, if possible at least 8 glasses each day. The water helps eliminate body toxins and allow the body to expel acid naturally.

Green tea has been used for centuries in Japan and other oriental countries as an after dinner drink. Green teas assist the body in the digestion process, and help soothe the stomach's sensitive tissue.

Herbal teas containing peppermint, chamomile, ginger, licorice root and catnip even in just small traces help the stomach lining repair itself. Often, one cup of tea following dinner is enough to reduce future acid reflux symptoms.

So, kiss acid reflux symptom goodbye!