

Symptoms and Natural Cure for Acid Reflux

How would a person know if he or she has acid reflux? How does acid reflux feel like? It is a burning sensation that affects the upper abdomen after a heavy meal when a person is already relaxing. Later, the pain goes up to the breastbone and to the chest. From this discomfort, it can lead to the inflammation of the esophagus, indigestion, hoarseness and many other symptoms.

Acid reflux disease is the condition that gives uneasiness to many adults including infants by causing sudden pains and burning in the chest. Its most common symptom is called heartburn. The condition is characterized by refluxing or backing up of the stomach acid into the esophagus. While heartburn can normally take place sometimes, it cannot be always rated as acid reflux disease. But if heartburn occurs twice to thrice a week, it is more probably a symptom of acid reflux.

In many cases, the symptoms of acid reflux disease occur after a fatty meal, when drinking liquor or beverages which contains caffeine, when lying down right after meal and worse when smoking. And because of these unpleasant sensations brought about by acid reflux, it can severely affect your health and your lifestyle. A number of people who suffered from this disease also suffered in the quality of lifestyle. Who would be enjoying life if there were a constant reminder of pain? The symptoms are so obvious that you do not need a doctor to diagnose it.

For this particular disease, there could be a variety of treatments that you can choose from. Symptoms which occur less than five times in a month can easily be treated by over the counter medicines. The doctor can give you pieces of advice on the kind of medicine appropriate for you. However, if your body does not work well with the prescribed medicines, it would be best to shift to a new one or seek for another option. Medicines formulated from natural herbs have less or no side effects.

For cases of acute acid reflux, surgical treatment may already be recommended to you. The standard treatment that has been preferred for a long time is called nissen fundoplication. In this surgical procedure, the stomach is wrapped to reinforce the sphincter and thereby preventing the stomach acid from refluxing.

In any manner, the effective way of finding relief from acid reflux symptoms is the natural way. Some simple steps that can work together with your medications will effectively cast away your suffering from this disease. A modified lifestyle will help you make things better. Things to be changed include your

dietary habits, refraining from smoking and minimizing the alcohol intake. Salty foods have been found out to aggravate acid reflux disease as much as the fatty foods. Taking extra table salts in your meal can expose you to graver risks.

Obesity doesn't only harm the heart but can worsen acid reflux disease as well. The excess fat in the abdomen amplifies the pressure in it causing the stomach acid to rise up to the gullet. So diet must be intensively watched out so as to avoid the symptoms and the discomfort they caused.

Natural cure of this disease also includes exercise. Proper stretching can help reduce the pressure on your stomach and subsequently helping you fight the symptoms of acid reflux disease.

If you can follow the preventive measures against acid reflux disease, then you are on your way to beating acid reflux without turning to medications.