

Stop Acid Reflux In it's Tracks !

By Joanne Scott

This manual is based on personal experience and is designed to provide information about the subject matter covered. Every effort has been made to make it as complete and accurate as possible. However, there may be mistakes both typographical and in content.

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Chapter 1: Introduction

For the longest time I thought I might have acid reflux disease. I don't think I did now that I don't have any more problems, but for the longest time I had some of the symptoms. For the longest time I had horrible heartburn for most of the day, and it really didn't matter what I ate. I began to worry about the consequences of having acid where it shouldn't be day in and day out, but no matter what I did with my diet, the problem remained.

Looking back, I think my brush with acid reflux disease was because of all of the stress in my life. At the time I had a horrible job that I hated, my relationship was more bad than good, and I missed my family very much. As soon as I made the decision to take a vacation alone to see my family, and then made the choice to go back to school to get out of my horrible job, my symptoms of acid reflux disease disappeared and I have not had a huge problem since.

If you have any symptoms on a day to day basis, you may want to talk to your doctor about acid reflux disease. This is not only just a pain for you when you are experiencing heartburn. It can also mean that some of your esophagus is being eaten away by the excess acid. This can cause permanent damage. There are medications out there now that can help eliminate your symptoms and some claim to repair some of the damage caused by acid reflux disease. I don't know if these claims are true, but it would be in your best interest to talk to your doctor.

If you aren't sure what the symptoms of acid reflux are, you can find them easily enough if you look online. If you have heartburn at times when there seems to be no cause, and if you have it more than once or twice a week, you should consider that you might have to see someone for help. Acid reflux disease will be different for everyone, though not everyone will be able to get rid of it by simply changing his or her life like I did. When there has been a lot of damage to your stomach and esophagus, you may need more than a medication so much sure you call your doctor for an appointment once you suspect a problem.

Chapter 2: Acid Reflux Disease Symptoms

Acid reflux disease is a condition in which the stomach acids abnormally reflux into the esophagus. This phenomenon is irregularly experienced by most people, most especially after eating.

Our body uses gastric and stomach acids to break down the food that we eat. Normally, after the digestion in the stomach, the food is delivered by the digestive muscles to the intestines for extra digestion. But in patients who have acid reflux disease, the acidic stomach contents are moved back to the esophagus, which then causes inflammation. Cigarettes, alcohol, caffeine, pregnancy, and fatty foods are some factors which worsens acid reflux conditions.

Our present knowledge about acid reflux based on medical researches tells us that this disease is common in men as it is in women. There is no sexual preference. Moreover, the prevalence of acid reflux is more frequent in people of 40 years of age or more.

Symptoms of acid reflux may be typical or atypical. But based on the diagnosis of acid reflux patients, only 70% of those who have this disease manifest typical symptoms.

Typical or esophageal symptoms concern indicators which are related with the esophagus. Such symptoms include the following:

Heartburn. This is a condition in which the patient feels a painful burning feeling in the esophagus. The pain often develops in the chest and may swell to the neck or throat. This is most probable to occur in relation with these activities: after a heavy meal, lifting, bending over, and lying down. Based on one study, about 75% of acid reflux patients experience this symptom at night. These night-time patients also tend to experience more harsh pain than those whose symptom occurs at other times.

Dyspepsia. Researches show that about half of acid reflux patients have dyspepsia. This is a syndrome which consists of pain and distress in the upper abdomen, nausea after a meal, and stomach fullness. It is not a rule however, that those who have dyspepsia have acid reflux.

Regurgitation. This is when the gastric contents back up into the pharynx and sometimes as far as the mouth. In cases where the acids have spilled into the tracheobronchial tree, respiratory complications can be stimulated.

There are many instances, though, that acid reflux patients do not manifest symptoms such as regurgitation and heartburn. Instead, they experience atypical or extraesophageal symptoms which include the following:

Throat Symptoms. Although it does not commonly happen, acid reflux patients suffer from symptoms that occur in the throat. Hoarseness, the feeling of having a lump in the throat, dry cough are undergone by those who have acid laryngitis, a throat symptom. Patients can also have difficulty in swallowing, a condition known as dysphagia. In critical cases, the food may get trapped in the throat or even choke, which can result to a severe chest pain. Other throat symptoms are chronic sore throat and persistent hiccups.

Vomiting and Nausea. When a patient suffers from nausea which persists for weeks, he may have acid reflux. There are few instances where vomiting can occur as often as once a day.

Respiratory Symptoms. Coughing and wheezing are counted as respiratory symptoms. These result from the overrunning of the stomach acids into the tracheobronchial tree creating bronchoconstriction.

Acid reflux disease can last for several months if not given proper medical attention. Drug treatment may only be required for a short time. But when the symptoms tend to repetitively occur, the drug treatment may have to be reapplied.

Chapter 3: The 3 Top Home Remedies

If you had to sit around and determine the absolute best home remedies that are around it might take years to do, however there are several different options and choices that are accessible to you. With several hundreds of different remedies available to try there are a plethora of options and some are going to be much more effective than others are. This is something that is only natural, but should always be expected. If you really wanted to know some of the most popular remedies around it would take hours to list of, rather than giving a never ending list we shall instead look over several different ingredients that are used quite frequently.

Apple cider vinegar would have to lead the pack amongst most popular home remedy. This is something that is used in a very large assortment of home remedies and never fails to get the attention of most people who are citing off their most popular remedy. The usages for apple cider vinegar are enormous; they can range from helping to control allergies that can range from pets and even foods, to helping to reduce the occurrence of sinus infections. There are even some usages that they apple cider vinegar can work to reduce the occurrence of fatigue, acid reflux, sore throats and even more. As you can imagine, this is something that you should always keep in your house so that you are fully prepared.

Hydrogen peroxide is another quite common home remedy that is extremely effective. Using it you can do anything from treat wounds and clean them to also clean out excessive earwax. Additional usages can even include using it to help build stamina and also prevent the flu! This is not something that is well known to most people, but the massive usages for hydrogen peroxide in addition to the cheapness of the potential home remedies that you can easily use.

Baking soda is another hugely popular home remedy. Taking advantage of the ability to use baking soda in a wide variety of usages will allow you to really reap a lot of benefits from the treatment. A small amount of baking soda mixed with some water makes a fabulous facial scrub. Other usages include treating stains and even killing bacteria. These small treatment options are treat for helping to avoid some of the problems that are otherwise associated with stains, smells, acne and problem skin as well as also treating bacteria.

Putting together the perfect home remedy is not always easy to do, but there are some ingredients that are typically extremely effective. Starting out using home remedies with these extremely effective remedies is always a great place to get started since you can increase your own confidence to try many of the more advanced remedies that are not always quite so common. This ability to get started with something truly successful will allow you to really know how much fun you are having venturing into the world of home remedies without feeling as if you are completely in over your head. Small ventures into home remedies is quite successful and starting with these three extremely popular choices make a perfect place to get started for anyone. From the simplest remedies for skin to those that help to prevent and treat the flu this is a great set of versatile options.