

## Acid Reflux Home Remedies

Heartburn is the most uncomfortable symptom of acid reflux or GERD (GastroEsophageal Reflux Disease), where acidic gastric juices enter the gullet (the tube which food passes through from the mouth to the stomach). Sufferers of acid reflux can feel heartburn or chest pain, have difficulty swallowing, or feel nauseous. This is because the acid from the stomach - which the body uses to break down food - has come up into the gullet where it shouldn't be, and attacks lining of the esophagus. Other common symptoms of acid reflux include morning hoarseness, bad breath, or a feeling that something is stuck in the throat. Many people now wish to avoid powerful prescription medications which are often used to treat heartburn, and avoid other commercial remedies such as antacids which may have unwanted side effects. The government-funded National Digestive Diseases Information Clearinghouse says 'Antacids, such as Alka-Seltzer, Maalox, Mylanta, Pepto-Bismol, Rolaids, and Riopan, are usually the first drugs recommended to relieve heartburn and other mild GERD symptoms. Many brands on the market use different combinations of three basic salts - magnesium, calcium, and aluminum - with hydroxide or bicarbonate ions to neutralize the acid in your stomach. Antacids, however, have side effects. Magnesium salt can lead to diarrhea, and aluminum salts can cause constipation. Aluminum and magnesium salts are often combined in a single product to balance these effects.' In view of this, many people are now looking for safer acid reflux home remedies instead. So what are these remedies? Traditionally, acid reflux home remedies worth trying have included the following -

## About the Author

A natural remedy denotes a medicinal product in which the active ingredient or ingredients. Natural remedies may only be products which are suitable.

Source: <http://productsherbal.com>