

Indigestion Remedy In More Ways Than One

Indigestion is a very common complaint. Indigestion symptoms can range from very mild to severe. Most people take an over the counter indigestion remedy to relieve the pain and discomfort that they are feeling. Here a couple more ideas that you can use for indigestion remedy.

Stress is a major trigger to many common illnesses including indigestion. When you lead a hectic lifestyle, you are likely to be eating while on the go, eating too quickly or eating the wrong types of convenience foods. These can all result in a bad case of indigestion for which a serious indigestion remedy will be required. In addition, when a stressful event makes you nervous and edgy you will often notice that your stomach churning aways. Your stomach becomes very stimulated during stressful situations.

Although an indigestion remedy can be consumed to settle the stomach, learning to deal with the stress of the situation helps a lot more. You will depend less on your bag full of your chosen indigestion remedy which you have to bring with you everywhere you travel. You can learn breathing techniques and other relaxation methods that will calm the nervous system and stop the stomach from producing huge amounts of acid.

Another major cause of indigestion is a lack of quality sleep and rest. Being continually tired and fatigued can create havoc within your body, including the digestive system. The stomach gets confused when you eat at irregular intervals or late at night and so produces harmful acid when it should be resting. Although it would be easy to get treated with a simple indigestion remedy, a better option is to eat sensible meals at sensible times of the day.

Indigestion is caused by an excess of stomach acid and so anything that stimulates the stomach to continue producing the acid should definitely be avoided. Two such stimulants are alcohol and nicotine. Alcohol is naturally acidic and so this just adds more of the harmful substance i.e. acid to the already afflicted stomach and oesophagus. Nicotine on the other hand contains hundreds of chemicals which dry out the throat and make the lining of the walls particularly vulnerable to the stomach acid. This can result in hoarseness, soreness and if left untreated for a period of time one of the more serious conditions which can be lethal, most noticeably oesophageal and throat cancer.

It will be easy to turn to medication each time you need an indigestion remedy. However, its overconsumption can lead to other side effects. Hence, if you find yourself experiencing indigestion symptoms continually, it is best to work out why this is happening in the first place and make changes appropriately.

Source: <http://www.articlecircle.com>

About the Author

Indigestion is treatable. For more information and resources on Indigestion Remedy, please visit this site <http://www.treat-acid-reflux.com>.