

Acid Reflux Concerns

Have you ever wondered if you have acid reflux? It is a problem that more and more people seem to be falling victim to. The following information can help you determine if what you are experiencing is acid-reflux and if so, how to treat it.

What is Acid Reflux?

It is a condition of the oesophagus. It occurs when the oesophagus becomes inflamed due to regurgitation of contents from the stomach. Although your stomach can withstand the acid due to its protective layer of mucus, the oesophagus isn't as protected and so it doesn't fare as well.

Heartburn is a common symptom and the burning sensation in either your chest or your middle back after meals is often the best indication that you have heartburn. However, if you continue to have problems over time, than it is likely that you have acid reflux. A visit to the doctor is the best way to find out for sure.

What Can I Do To Treat Acid Reflux?

The main way to treat this condition is by suppressing the acid. You may have heard of some common medicines to treat the ailment, such as Prilosec, Nexium, and Prevacid. These have been known to reduce acid, but you have to be careful because some of them can also reduce the amount of hydrochloric acid in your stomach that is necessary for digestion. So, you would want to consult with your doctor before trying one of these medications.

The best way to treat acid reflux is to alter your diet. By drinking more than 8 glasses of water a day and taking some probiotic, you may be able to restore your stomach acid balance. Garlic is another natural resource that can help. By adding fresh garlic to your meals or chewing a piece daily, you may see some improvement.

Some people might tell you that you need to drink a lot of milk and avoid citrus fruits to get rid of your acid-reflux, but this is a common myth. These methods can sometimes help improve your condition, but won't be enough to get rid of it. Some better ideas include eating small meals throughout the day, avoiding food that is high in fat, stopping overeating, reducing alcohol intake, staying upright for a while after eating, and elevating the head of your bed.

Finally, if there is still no relief from symptoms, be sure to visit a doctor. It could end up being a little heartburn or even be disguising a more serious condition. Either way, the doctor will have some advice to help you reduce your symptoms and may prescribe proton pump inhibitors such as Nexium and Prevacid. Alternatively, promotility agents, such as Reglan, may be used to force the esophagus to empty more quickly and to speed digestion.

If you are experiencing acid reflux, be sure to talk to your doctor to determine which treatment options are best for you.

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About the Author

Eddie Lamb provides an abundance of vital information on a range of health topics. We believe a better understanding of your disorder can help reduce unnecessary anxiety. You'll find a host of useful articles all about acid reflux listed on our site map page at <http://www.AcidRefluxConcerns.com>