

Dealing with Acid Reflux

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by George Anderson

Heartburn, as acid reflux is commonly called, is a very unpleasant and annoying condition. Chronic acid reflux problems are commonly associated with symptoms such as laryngitis, sore throat and swallowing difficulties. A constantly upset stomach and a frequent sensation of vomiting and belching are also among the common acid reflux symptoms. Other problems caused by acid reflux are as follows: bad breath and tooth erosion, gum inflammation and chest pains caused by the acid. Although heartburn is not considered to be a severe condition, it can cause permanent damage to the esophagus and can also lower the quality of life for acid reflux patients.

In order to eliminate the negative aspects of acid reflux you should try to follow some of the following tips. Begin by leading a healthier lifestyle. For starters, introduce a light exercise in your daily routine. However, do not exercise right after eating, as this might cause your abdominal muscles to contract because of the effort and to push food up on the esophagus. If the exercise is carried out before meals, you will improve your blood flow and reduce the chances of acid reflux problems. Exercising regularly will also help you reduce the body fat levels. This will have a direct effect on acid reflux, as abdominal body fat puts even more pressure on your stomach.

Your actions and behavior after meals may help reduce the chances of acid reflux. Keeping an upright posture relieves the abdominal muscles of some pressure, which means that digestion goes smoothly and chances of heartburn are diminished. One of the most active acid reflux triggers is lying down right after a meal. Try to stand up or sit for at least one or two hours after a meal, allowing your stomach to complete digestion. If you are having problems with acid reflux at night, you might want to use a larger pillow that will keep your head raised or to tilt the head of your bed by a few degrees in an upward direction.

Tight clothing and any other element that puts pressure on your stomach may trigger acid reflux. Also, try to avoid emotional disturbances because stress induced acid reflux is also a common condition. A rising temper will have your muscles contract - including the abdominal muscles, which will soon turn into acid reflux. Your diet is the next important thing to watch. Eating smaller meals at intervals of 3-4 hours is better than having larger meals. You should also try to have your main meal of the day at lunch, not at dinner. This will allow you to go to bed without having to worry about digestion time, as a smaller dinner will be easier to digest.

Some people respond negatively to some food items while others don't. When you experience heartburn make sure to write down a list of all the items you consumed and identify the ones causing the problem. In general, here are the things you want to avoid as much as possible: spicy foods, fatty foods, alcoholic drinks, coffee, chocolate and peppermint. As you would expect, the higher the quantity of the troublesome food the more acid reflux you will have.

About the Author

George Anderson knows the discomfort of acid reflux and wants to help others who suffer from this condition.