

Acid Reflux Tip 3

Contributed by Administrator
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Acid reflux disease has probably been around as long as heartburn. The term is relatively new (about 20 years), however, and has really come into common usage over the past few years. Acid reflux disease is often called "reflux," or gastroesophageal reflux disease (GERD). Acid reflux disease is the preferred term because it accurately describes the problem - reflux of stomach acid up into the esophagus where it can produce symptoms and sometimes damage.