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Acid Reflux Diet - Helpful Info and Tips

Acid reflux is a common problem as you age, happen to be overweight or eat the wrong foods. At times acid reflux can be caused by an infection in the stomach or with the stomachs lining being damaged. This leads to bloating and uncomfortable rise in acid levels coming up into the throat. [acid reflux diet](#) is required to relieve symptoms of heartburn, indigestion and acid reflux. It is wise to remember if pain persists that you consult a qualified medical practitioner as some cases could lead to cancer. The natural remedies for acid reflux are substitutes to drugs and surgery since they are inexpensive and have no side effects.

It is used traditionally for over a long period of time, particularly in remote and rural areas. They have been found efficient and capable of preventing the rise of stomach acids to the esophagus, causal to acid reflux or heartburn. In fact, acid reflux diet is subjected of extensive medical studies because their efficiency continues to baffle doctors and scientists. You must know more about these common traditional herbs and how they provide relief and remedy without needing for acid reflux drugs or surgery. There are numerous natural remedies proven to be successful in treating the condition.

Apple cider vinegar is one exacting assumption pointing to the acid sensitivity of the lower esophageal sphincter (LES). As an individual aged, the capability to generate stomach acid can weaken. This will result to variations of body functions with the deteriorating of the muscular valves of the LES. Thus, LES becomes ineffective in preventing leakages of stomach contents to the esophagus. Apple cider vinegar can boost the supplement of acid in the stomach to rush the digestion processes before regurgitated food can trickle out of the digestive system. Incorporating this ingredient into your [acid reflux diet](#) is vital.

Licorice in therapeutic studies is established to have flavonoids in the roots. In several cases, reflux may end up to over oozing of stomach acids and the victim will require medication to hinder the over production of acids. That is why, as opposite to the effects of acid cider vinegar, the flavonoids in licorice can avert the over secretion of acids. Bladder wrack based on scientific studies is another herbal plant that holds magnesium carbonate and alginic acid. Magnesium carbonate is medically utilized as an antacid. However the efficacy of alginic acid in avoiding stomach acid is thus far to be investigated. When you are preparing for an acid reflux diet, you can combine these herbs into your food.

Barley grass is another natural treatment as it is composed of amino acids and chlorophyll, efficiently exploited as anti-inflammatory ingredients. Preferably, young barley grass are simmered and drunk as tea to grant gastric relief. Additionally, Mastic gum is an evergreen shrub, having hydrochloric acid greatly effective in eradicating helicobacter pylori, a bacterial strain that originates reflux disorder. Cabbage juice has glutamine substance, accepted as an all time preferred to be part of an [acid reflux diet](#) for rural folks to supply natural cure for acid reflux. Slippery elm is also worthwhile to be part of the diet as it does have soothing properties which can successfully ease the mucous membranes of the esophagus.

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