

Natural Acid Reflux Remedies Avoid The Hazards of Both Antacids And Drugs

Acid reflux (GERD) affects millions of people. Yet the two most common treatments - antacids and drugs - can be dangerous. Natural methods heal, rather than merely treating symptoms, yet have no dangerous side effects.

Lilburn, Georgia, October 18, 2011 - Acid reflux, also known as GERD (gastroesophageal reflux disease), is not a minor disease. More than 60 million American adults experience acid reflux and heartburn at least once a month while approximately 25 million adults suffer from daily unpleasant symptoms. The American College of Gastroenterology reports that GERD symptoms cost the United States nearly \$2 billion a week in lost productivity.

The symptoms can be so severe that some sufferers openly contemplate suicide. There is an acidic or burning pain in the stomach, abdomen, chest and throat. Dyspepsia, an extremely common symptom, refers to stomach misery such as being nauseated after a meal, burping and feeling bloated and stuffed, regardless of the amount of food eaten. Acid may back up in the throat or mouth. A dry cough and/or chronic coughing is common and wheezing is a frequent GERD symptom. Acid enters the esophagus, lungs and airways and it's often tough to breathe. Dysphagia (the sensation of food being stuck in the esophagus) occurs in the majority of patients, along with chronic sore throat, inflammation of the gums, erosion of the enamel of the teeth, a sour taste in the mouth and bad breath. Happiness and joy decline along with sexual interest.

Generally, two kinds of remedies are available. The first is over-the-counter solutions like Maalox or Tums. These antacids are counter-productive because they destroy the acid in the stomach which is desperately needed for the digestion of food.

More powerful countermeasures include such drugs as Prevacid, Prilosec, Reglan and Zantac. However, according to their own websites, there are dozens of side effects that can exacerbate the GERD symptoms. Some of these include stomach or abdominal pain, constipation or diarrhea, dizziness, muscle weakness, headache, increased heart rate (tachycardia), allergic reaction, tiredness, difficulty in breathing, migraine, chest pain (angina pectoris), hair loss, weight gain, anxiety, depression, high blood sugar levels, stroke, heart attack, impotence, glaucoma, and ringing of the ears (tinnitus).

The best of the [acid reflux remedies](http://blissplan.com/acid-reflux-remedies/) is a focus on natural cures involving an acid reflux eating plan, natural supplements and a change in habits. This approach will likely be slower than swallowing drugs although some people do experience rapid relief. But there are no side effects and, best of all, the patient is healing the reflux, rather than just treating its symptoms. A video on healing reflux naturally can be seen at: <http://blissplan.com/acid-reflux-remedies/>

Blissplan.com insists that, except in trauma or emergency cases, first trying natural methods of healing is always appropriate. If natural healing fails, then the patient can try drugs and other such methods but using these as the first line of treatment can sometimes bring harmful and undesirable results.

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