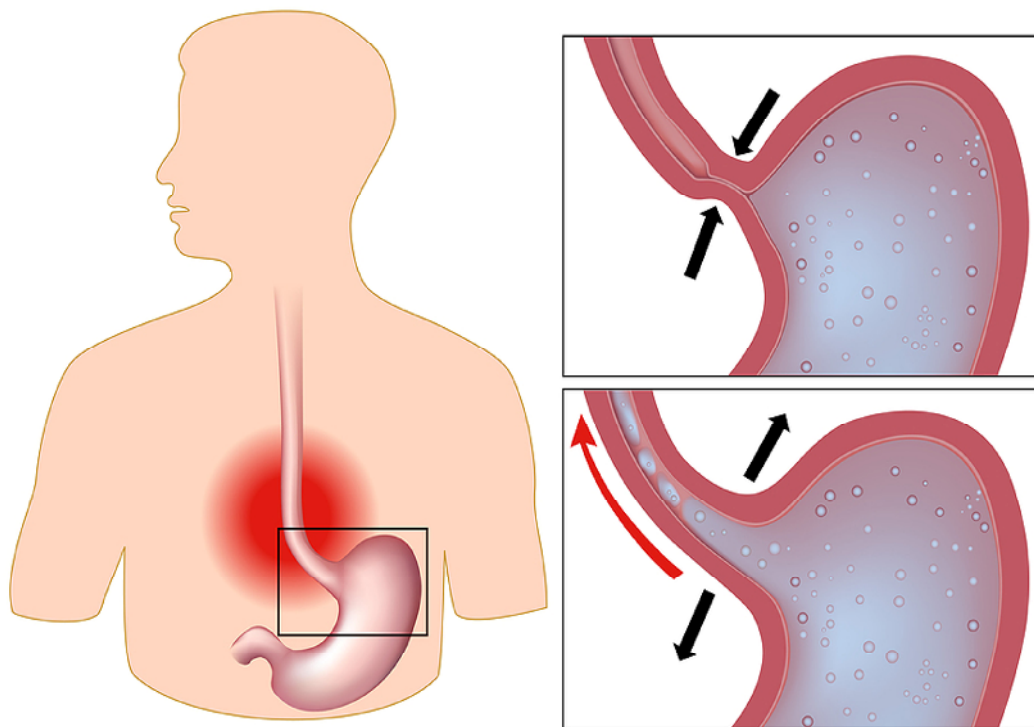


Reasons, Remedies And Treatments For Heartburn



How to deal with persistent heartburns?

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Reasons, Remedies And Treatments For Heartburns.....

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Chapter 1 - What are the reasons for heartburns?

Excessive stomach acid leakage into the esophagus or lower throat is what leads to heartburns. Acid reflux which means acid flow back is a medical name used for stomach acid flow back from the stomach of the patient to the esophagus. Further acid reflux syndrome, heart reflux, acid burn and Gastrointestinal acid reflux disease are the terms which are used to explain the symptoms of heartburns. It is an ordeal which seriously disrupts the life of the sufferer especially who experience frequent symptoms of this distressing problem. The patient has to bear a constant uneasiness and pain while eating and drinking. Sleeping becomes difficult as the pain deepens when you lie down. A majority of the people struggle with heartburns because of their eating habits, while very few suffer from this condition due to their genetic frame.

Heartburns take place when the lower esophageal sphincter between the stomach and the esophagus doesn't close up properly leading to severe damages to the esophagus. LES is extremely sensitive to a lot of foodstuffs which tend to

make it wobbly. Some of the possible culprits that can cause heartburns include foods which are acidic such as oranges, spicy foods like enchiladas and sweet eatables like chocolates. Apart from these, there are various other factors which can develop gastroesophageal disorders. It has been revealed that consumption of alcohol or tobacco can cause the LES (Lower Esophageal Sphincter) not to close properly. Moreover, things like obesity, pregnancy etc tend to put pressure or weight on stomach that causes the food consumed to flow back. Excessive amount of acid out of the stomach further triggers heartburn. Also, stress and tension are known to be the biggest causes of over-stimulation of the gastric acid.

Thus, the patients undergoing this ordeal first need to make certain changes in their eating habits and lifestyles. Eating large portions of meals and that too full of fats and calories are the foremost things to say goodbye to. Lack of a good exercise routine and being always stressed out make you obese which directly affects your digestive system. The reasons of heartburns can cease if the patient stops smoking, eat small portions of meals at frequent intervals, avoids fatty and spicy foods, lose some weight and look for different ways to overcome stress. If the heartburns goes untreated, the condition can

worsen leading to perilous diseases like ulcers, Barrett's esophagus, esophageal cancer etc. We shall discuss about all these aspects of this disease in the following chapters.

Chapter 2 - Types of heartburns

Heartburns are categorized under various types depending on factors like their cause, severity etc. Thus, before seeking a suitable treatment for this painful and distressing ordeal, it is good to know the type of heartburns you are undergoing. Some of the types of heartburns which are very common include-

Gastro Esophageal Reflux Disease- Gastro Esophageal Reflux Disease which is also known as Acid Reflux is the most serious and painful form of heartburns. GERD being a sign of a severe underlying problem is more than just a normal heartburn. If the patient suffers from heartburns more than one time in a week for many hours/days, there are more chances that he is suffering from Gastro Esophageal Reflux Disease and not just a simple heartburn. If not treated on time, it can even lead to many perilous health problems like halitosis, laryngitis, asthma, wheezing, interstitial fibrosis, gingivitis etc.

Pregnancy heartburns- Heartburn is one of the health problems which can be brought by pregnancy. However, the good part is that these heartburns go away after the infant is born. During pregnancy's third trimester, the pressure on the stomach increases which decelerate the digestive system and cause the acids to stay in stomach for long. This increases the chances of the digestive acids to flow back from the stomach to the esophagus giving rise to heartburns.

Chronic heartburns- Chronic heartburns are quite severe and occurs twice or thrice a week. Since such frequent attacks of heartburn can be a warning of more serious diseases like Gastro Esophageal Reflux Disease, it is advisable to get yourself examined by a specialized doctor to know the actual reason behind such recurrent heartburn attacks. Knowing the heartburn type you are suffering from make it quire easier to find out the causes for your heartburns.

Summer heartburns- Summer is a season for outings, enjoying the delicious cheese sandwiches and scrumptious fries and also for increased heartburns. The stifling high temperature combined with oily and fatty foodstuff leads to more chances of heartburn

attacks. Thus, during summers it is advisable to stay away from acidic food and have light meals which are easy and quick to digest.

Nighttime heartburn- It is among the worst types of heartburns. While other heartburn attacks occur during daytime and thus it is easier to deal with them either by taking medicines or by resting, nighttime heartburn attacks the patient at night when their body is completely relaxed and not ready to handle such agonizing pain and uneasiness. However, there are still some ways to alleviate all these heartburns which shall be discussed in detailed in the next chapter.

Chapter 3 - Ways to alleviate heartburns

Heartburn is extremely painful and is an unpleasant burning sensation in the esophagus which happens due to excessive stomach acid. However, by taking certain steps you alleviate this distressing malady to a great extent. To overcome the ordeal of heartburn attacks, it is best to look for the causes first and then decide about the steps to be taken to assuage this problem. As mentioned earlier, heartburns occur when excessive stomach acid results in irritation in the esophagus. It happens if the lower esophageal sphincter is not sealed or closed properly. There are two chief reasons which results in such a state.

One major reason is overeating which fills up the stomach in excess. Thus, the obvious way to alleviate heartburn is to avoid eating too much even if your dining table is full of delicious oily and fatty foodstuff. Limiting yourself to only moderate meal portions can help you experience great results by getting you relieved from frequent heartburn attacks.

Another reason which leads to this problem is too much weight or pressure over the stomach. Such a condition is most common during pregnancy or obesity. Thus, for a pregnant lady a good posture, using a comfortable pillow, avoiding sleeping immediately after the meals etc are some of the ways which highly reduces the discomfort. Ideally, it is best to go to bed 2-3 hours after eating. However, after pregnancy when the baby is born, all the symptoms of heartburns go away but in the case of obesity the only way to reduce the bouts of heartburns is to lose weight.

Some of the foodstuff which should be avoided by the patients of heartburns includes citrus fruits, chocolate, mustard, tomatoes, sodas, juice, coffee, vinegar etc. Foods with higher fat content lead to heartburns and thus fried and oily foodstuff should be avoided. Instead, incorporate certain alterations in your lifestyle to alleviate the pain and discomfort of heartburns. Follow a good exercise and diet regime including aloe Vera, chamomile tea, raw potatoes, marshmallows, turmeric etc.

Smoking is one of the major culprits of the painful heartburn bouts as it stimulates stomach acid production. Besides, stress also

contributes to this agonizing condition. Thus along with following a good exercising and diet plan, quit smoking and stay away from stress. A few lifestyle modifications such as these can make a great difference in the life of a heartburn patient.

Chapter 4 - Dealing with persistent heartburns

Persistent heartburn being one of the worst forms of heartburns is extremely painful and attacks the patient twice or thrice a week. Some of the symptoms of this ordeal include difficulty in swallowing, sore throat, coughing, chest pain with burning sensation and food getting back to the mouth even after swallowing. Seeking medical guidance is obviously the best way to go as remaining unchecked can lead to more severe complications. Acid flowing back to the esophagus can eventually result in serious damage. Constant heartburn if not treated on time could even result in diseases like ulcers in esophagus or stricture which implies the esophageal slims or narrows after a certain stage. The worst case may be Barrett's esophagus that in turn can result in esophageal cancer.

Fortunately, there are certain ways with the help of which the occurrence of heartburn symptoms can be highly reduced. The incidents of persistent heartburn attacks twice or thrice a week if remained unchecked can be undermining your healthiness. A specialist doctor can very well assess your present condition and opt for appropriate actions. Besides there are certain

lifestyle alterations which can help you effectively deal with persistent heartburns.

To begin with, consider what you eat so that you can isolate the foodstuff that seems to correspond with a heartburn attack and eliminate that from your meal plan. Also watch out for the beverages you drink. For instance, if bouts of heartburns follow soon after consuming drinks like coffee, alcohol etc, cut them out of your diet or moderate. Besides, avoid eating fatty and oily foodstuff especially not within 3-4 hours of going to bed. Instead of large meals eat small frequent meals because when the stomach is too full, there is more likelihood of acid entering the esophagus.

Moreover, it is good to drink plenty of water if you are a heartburn patient as water is a healthy and natural neutralizer for acids. In addition, tight fitted clothes are also an unfavorable sign for heartburns. These are a few common lifestyle alterations regarding persistent heartburn. However, if the symptoms persist then it is advisable that you should see a doctor. Depending on your condition, they can give you the needed medicines and advice on how you can alleviate such frequent heartburns. Some of the medicines which are highly effective in

treating this problem include prilosec, tagamet, Gaviscon, H2 blockers, nexium, prevacid, and many more.

Chapter 5 - Natural treatments for heartburns

Heartburn is a medical condition associated with digestive system where the stomach acid flow back to the esophagus and cause burning sensations under the sternum and breastbone. It varies from mild and sporadic to serious and chronic. They are classified into various forms depending on their severity. For instance, chronic heartburns may be a sign of some serious problems like gastritis, hiatal hernia, peptic ulcer etc. Fortunately, there are copious treatments available for heartburns. They can be dealt with antacids like Mylant, Riopan, Maalax etc. However, these can only lessen the pain temporarily and do not provide a lasting healing effect.

One of the most imperative and effective steps to treat this problem is to make some serious alterations in your lifestyles. Some of the things to be avoided in case you want to get relieved from the painful symptoms of this disease are alcohol, cigarettes, fatty food, spicy food, junk food etc. Quitting all these would lower down the level of acid in your body providing better functioning of the organs. Also, avoid sleeping immediately after your meals. Ideally, one should go to bed three to

four hours after eating. It is also advisable to take smaller meals at frequent time intervals instead of taking three big meals as smaller meals give sufficient time to your system for digesting the food.

In addition, going for regular walks too helps in alleviating the discomfort caused due to this ordeal. Besides, as ginger is good to treat this condition, you can take it as ginger tablets, ginger tea and even in its raw form. Apart from this, aloe Vera juice, chamomile, fennel tea etc also help in curing heartburn. There are some methods to speed up the digestive process as well such as taking cumin seeds along with a glass of water or an apple after consuming your meals. It is also advisable to drink plenty of water. Water if consumed in a good amount as per your body needs can charge up the rate of metabolism and purifies your body system which ultimately helps in improving digestion.

Light exercises can also help in relieving diseases associated with the digestion system. Devoting just a few minutes to moderate physical activities in a day such as stretching, walking, jogging etc would improve your circulation as well as digestive muscle movements and thereby helps in digesting food easily. All the

mentioned natural treatments would help to alleviate burning, choking and chest pain caused due to heartburn. Plus, you would feel better both physically as well as mentally.

Chapter 6 - Some effective home Remedies for heartburns

Presently, home remedies to treat heartburn is the most preferred way to purely heal the heartburn disorders along with improving overall physical health. Even the medical professionals are realizing the effectiveness of various home treatments. The discomfort caused by heartburn attacks is usually described as a deep and painful burning sensation arising from the stomach to the middle of the chest. In severe cases, it also results in injuries in the esophagus. Fortunately, just by opting for a few changes in your diet plan, it is possible to get rid of the heartburn disease. To begin with, trim down the number of meals you take in a day to smaller meal portions so that the food gets enough time to digest.

Natural heartburn cures can be found in many everyday meals, drinks and herbs. You can begin with your natural reflux remedy by simply including some indigestion foods in your diet which are soft as well as moist to be digested quickly. Soft foodstuff can easily flow to your stomach allowing your esophagus or sphincter to initiate healing. Keeping away from hard and

crunchy foods is paramount for the heartburn patients as they may worsen the problem. The simplest remedy is to drink plenty of water as it keeps your LES (Lower Esophageal Sphincter) muscle flap firmly closed over your stomach. Such a tight seal would not let the stomach acid to flow into the esophagus. Water also allows quick reproduction of the tissue cells.

Honey is also a terrific heartburn natural home remedy. Since, this problem of heartburns is caused due to damaging of the tissues in esophagus and sphincter, having three to four spoons of honey every day can help in repairing these tissues. Another ingredient which is awful in taste but good to cure heartburn is apple cider vinegar. To make it taste better you can add in it some water and honey. It has been proven that taking one spoon of this mix daily can highly improve your acid levels and food digestion.

For instant relief, you can have a solution of coriander juice, one tablespoon of cumin seeds, one glass of water and a pinch of salt. Taking carrot juice, coconut water and chewing basil leaves also helps in get rid of heartburn. If you do not wish to go for the high-priced medical prescriptions which can result in many

side-effects and only treat the heartburn symptoms and not its reasons, then without a doubt you would genuinely like to consider the above mentioned extremely useful home remedies.

Chapter 7 - How to deal with heartburns during pregnancy?

Many women suffer from heartburns during the third trimester of their pregnancy. As the baby grows, he/she begins to put pressure or weight on the stomach which ultimately results the stomach acid to flow in the esophagus. It causes a burning sensation under the sternum and breastbone known as heartburns. Although heartburns during pregnancy have no side effects on the baby and the symptoms also vanish as soon as the infant is born, however before that the suffering can be pretty uncomfortable. If you are also one of the ladies experiencing the incidence of heartburns during pregnancy, here are some tips which you can follow to get relief.

- As this problem is directly associated with your digestive system, special attention should be given to what you eat, when you eat and in what quality you eat. Take small and frequent portions of meals and slowly chew whatever you eat.
- Avoid foods that can trigger or activate gastrointestinal distress such as alcoholic

beverages, caffeine beverages, chocolates, spicy foods, acidic foodstuff (like tomatoes, mustard, citrus fruits, vinegar), mint products, fatty or oily foods, processed meats (bologna, bacon, hot dogs, sausage) and highly seasoned foods.

- Avoid drinking too much water during meals. This causes stomach distension which can further trigger heartburn.
- Quit smoking if you do as it is one of those habits which may lead to many serious diseases including heartburns.
- Avoid wearing such clothes which emphasize your tummy or waist as it can result in heartburns. Instead wear loose and comfortable clothing.
- Avoid lying down or sleeping immediately after your meals. The best is to go to bed after three to four hours after eating food. This gives sufficient time to your body for digesting the food.
- Sleep over extra pillows which would slightly elevate the upper body and thereby ward off the stomach acid to rise up in the chest.
- Also a good posture can reduce your discomfort to a great extent. So, be sure

you stand straight as well as sit straight. Bending on the knees instead of the waist would reduce pressure on your ever-growing tummy.

- Taking herbal tea such as slippery elm, spearmint, chamomile and ginger tea. These would help in providing relief from heartburn during pregnancy.

By following all the above stated tips and suggestions; you can enjoy a relaxed and comfortable pregnancy without facing any incidence of discomforting bouts of heartburn.

Chapter 8 - Connection between Heartburns and arthritis

If the heartburn symptoms occur more than thrice a week for a persistent period of two to three weeks, then in that case the symptoms are deemed chronic. If one is suffering from incessant heartburn, it is quite essential to find out if there has been any modification in diet, increased stress, and increased consumption of alcohol or the intake of strong medicine for a prolonged period. For a confirmed chronic heartburn there must have occurred a substantial change if the diet of an individual and other aspects of his lifestyle have not altered or changed in that case it is probably an indication of some other medical problem. In this case, it is very essential that one should be aware of the reasons and circumstances as an individual using natural remedies or self treatment in order to fight against the chronic heartburn is probably covering the symptoms of some more serious problem.

Usually, heartburn is caused by the flow of acid and contents into the esophagus from the stomach and thereby causing the acid to irritate the sensitive lining of the stomach. Quite often,

when an individual suffers from chronic heartburn, he is having an inconsistent dietary habits or he is having foods or drinks which is quite high in its acidic content and thus the digestive system functions and eventually produces excessive acids. In such cases a counter medication will combat the burning sensation which will disappear as soon as the substance is processed. However if the symptoms are persistent over a period of time, the chronic heartburn is probably diagnosed and would be treated with appropriate and prescription medications.

Also, heartburn can be a possible symptom of medical conditions like GERD or gastro-esophageal reflux disease, hiatal hernia, pregnancy, peptic ulcer, acid regurgitation, stomach related disorders and even coughing for a prolonged period. The medications for the treatment of heart problems, respiratory problems, arthritis, blood pressure, osteoporosis, insomnia, depression, anxiety, cancer and Parkinson's disease are even known to be the cause of heartburn.

The commonly used drugs to treat arthritis earlier are NSAIDS or the non steroidal anti inflammatory drugs. Though the reflux symptoms

or the heartburn symptoms are quite common with the use of non steroidal anti inflammatory medications, these symptoms correlate very badly with bleeding from the tract of gastro intestine. The gastrointestinal symptoms such as bloating or abdominal pain or heartburn are commonly found in the patients who are using the NSAIDS. This as a result increases difficulty in treating arthritis and also the adverse effects which are related to the arthritis treatment. Also, it is very difficult to predict the duration of time an arthritis patient is supposed to be treated with NSAIDS.

Chapter 9 – Heartburns - should be taken seriously or not?

Majority of people do not take the problem of heartburn seriously till it turns into a chronic condition. The result being pretty obvious is worse than expected. There are scores of reasons why heartburns should be taken seriously. In the initial stages, heartburn can be easily remedied. All you need to do is to take an antacid to get back to normal. But when the problem aggravates you have to go for those super-sized bottles of antacid tablets. Though these multiple flavored sugary pills provide fast relief but sadly just on a temporary basis.

And then you start realizing that you require something else probably more effective and thus go for some other over-the-counter product offering 12-24 hours relief. For months or possibly years you rely on these over-the-counter remedies to keep the bouts of heartburn under control. However, when something goes wrong in your body which needs medical attention and you realize that now your heartburn problem has become an intimidating malady with intensifying pain resulting in sleepless nights, do you really think it is the right time to

visit a doctor? If not, heartburn should be taken seriously from the very beginning when you experience your first ever heartburn attack in life.

The doctor hands you a big list of what foods and beverages to avoid, tells you to drop weight and along with that gives you a medical prescription to go for. However, it becomes difficult to follow such a restricted routine when you know that you have never ever bothered about what you eat and how much you eat. If you do not want something like this to happen to you as well, it is advisable to see a specialist doctor when you experience the symptoms of heartburn for the very first time.

This disease if not taken seriously can lead to some perilous diseases such as cancer, ulcer, hiatal hernia, Barrett's esophagus and many more. So, remember no medications or pills would work once you reach an incurable stage of heartburn. Thus, make some positive lifestyle alterations so as to keep your digestive procedure in a good working condition such as quit smoking, follow an exercise routine, avoid lying down immediately after meals, avoid consuming alcoholic beverages, tobacco, oily foods, spicy foods, acidic foods, fatty foods,

junk food, citric fruits, chocolate, caffeine, peppermint etc. All these things would keep you healthy both physically as well as mentally.

Chapter 10 - Right diet to alleviate heartburns

If you are suffering from heartburn or the Gastroesophageal Reflux Disease (GERD) you can probably get rid of the symptoms by merely changing or altering your lifestyle. Using the prescription drugs might be a final resource if one tries using these small changes before. There are diets which can effectively reduce the heartburn to a considerable level. Your dietary habits play a very important role in treating this problem and controlling it.

As many individuals have heartburn flare ups late in the evening. So, in this case it is advisable to put a curb on your nighttime eating. Try to have your meal 2-3 hours before you go to sleep. If you actually want to get rid of the heartburn symptoms, you should be aware of the fact that the diet you have and the foods you consume can be a major source of this digestive disorder. Foods with high acidic content are more likely to cause acid reflux and you should avoid few drinks like caffeinated beverages, juice and alcohol to get rid of the heartburn symptoms.

Also, foods which have high fat like chocolates, hot foods having peppers are likely to cause the problem of heartburn. . If the foods that you consume are high in fat and acidic content like citrus fruits and tomatoes, you should reduce the intake of such foods and try to include more safe and healthy foods which will considerably reduce the frequency of heartburn. The foods which are low in fat and acidic content are safer like bananas, pears and apples are better choices as compared to oranges. Also, grilled, boiled or baked skinless, chicken and baked, broiled or boiled seafood are better than the fried chicken and hamburgers.

The most recommended ways in order to considerably reduce the frequency of heartburn include the dietary changes along with the lifestyle changes. For instance it is better to have small and light meals every few hours rather than having a large meal once or twice a day. Also, if an individual is overweight, having more frequent smaller meals may help to lose weight by increasing the metabolism rate and maintaining proper levels of blood glucose.

Also, if you are having junk foods at all times then it is the time to stop the consumption of junk food which is more likely to cause frequent

heartburn attacks. It is very important to include fresh fruits and vegetables in your diet. By making simple changes in your eating habits and diet plan you can significantly improve your digestion and health and this will eventually decrease your susceptibility to heartburn.

Conclusion

Excessive stomach acid leakage into the esophagus or lower throat is what leads to heartburns. Acid reflux which means acid flow back is a medical term used for stomach acid flow back from the stomach of the patient to the esophagus. It is a digestive disorder which seriously disrupts the life of the sufferer particularly the one who is experiencing frequent symptoms of this distressing problem.

Heartburn is actually a burning pain which starts from the back of breastbone and ribs and then radiates upwards to the throat. It is caused by the acid flowing into the esophagus from the stomach. Due to the corrosive nature of the acid, it irritates and inflames the esophagus and causes the problem of heartburn. Also, it varies from mild and sporadic to serious and chronic. Thus if you are suffering from this digestive disorder you should consult a doctor. Also by implementing few changes in your dietary habits and lifestyle you can get rid of the symptoms of heartburn. if in case the heartburn symptoms occur more than thrice a week for a persistent period of two to three weeks, then in that case the symptoms are deemed chronic and you should consult a doctor before going for any self treatment.