

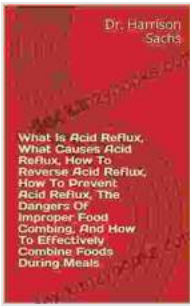
What is Acid Reflux? What Causes Acid Reflux? How to Reverse Acid Reflux Naturally

Acid reflux is a condition that occurs when stomach acid flows back into the esophagus. This can cause a burning sensation in the chest, regurgitation, and other uncomfortable symptoms. Acid reflux is also known as gastroesophageal reflux disease (GERD).

There are a number of factors that can contribute to acid reflux, including:

- **Hiatal hernia:** A hiatal hernia occurs when the stomach pushes through an opening in the diaphragm. This can allow stomach acid to flow back into the esophagus.
- **Weak lower esophageal sphincter (LES):** The LES is a muscle that acts as a valve between the stomach and esophagus. If the LES is weak, it can allow stomach acid to flow back into the esophagus.
- **Increased abdominal pressure:** Increased abdominal pressure can put pressure on the stomach and force stomach acid back into the esophagus. This can be caused by obesity, pregnancy, or certain medical conditions.
- **Certain foods and drinks:** Certain foods and drinks can relax the LES and allow stomach acid to flow back into the esophagus. These include fatty foods, spicy foods, acidic foods, and carbonated beverages.

There are a number of natural remedies that can help to reverse acid reflux, including:



What Is Acid Reflux, What Causes Acid Reflux, How To Reverse Acid Reflux, How To Prevent Acid Reflux, The Dangers Of Improper Food Combing, And How To Effectively Combine Foods During Meals by Dr. Harrison Sachs

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
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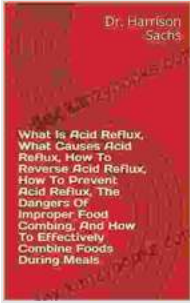
- **Lifestyle changes:** There are a number of lifestyle changes that can help to reduce acid reflux, including:
 - Eating smaller meals more frequently
 - Avoiding fatty foods, spicy foods, acidic foods, and carbonated beverages
 - Elevating the head of your bed
 - Losing weight if you are overweight or obese
- **Dietary changes:** There are a number of dietary changes that can help to reduce acid reflux, including:
 - Eating plenty of fiber
 - Avoiding trigger foods

- Eating a bland diet
- **Natural supplements:** There are a number of natural supplements that can help to reduce acid reflux, including:
 - Aloe vera
 - DGL licorice
 - Slippery elm
 - Marshmallow root
- **Medications:** There are a number of medications that can be used to treat acid reflux, including:
 - Antacids
 - H2 blockers
 - Proton pump inhibitors

If you are experiencing acid reflux, it is important to talk to your doctor to determine the best course of treatment.

Acid reflux is a common condition that can cause a number of uncomfortable symptoms. However, there are a number of natural remedies that can help to reverse acid reflux. By making lifestyle changes, dietary changes, and taking natural supplements, you can reduce or eliminate your symptoms and improve your quality of life.

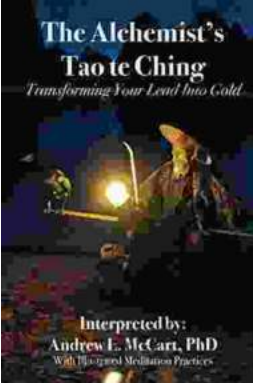
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