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Of the many systems that make up our bodies, the digestive system has to be one of the most important. Regulating what we eat and ensuring that waste is disposed of and toxins are expelled, it has its work cut out. Because of the burden it bears in keeping us healthy, the digestive system needs to be taken care of to ensure that we don't suffer from illnesses and other health conditions.

When we eat or drink, we don't pay much attention to effects our consumption can have on our bodies. As such, the time finally comes when we suffer from such ailments like heartburn and acid reflux. Heartburn causes a burning sensation in the stomach, throat and chest. Those suffering from it frequently may develop acid reflux, a closely related and similarly symptomatic illness. If taken care of at the outset, there's no reason why the condition should cause adverse effects. However, if left on its own, it can give way to scarring of the esophagus, bleeding, ulcers, breathing problems and may even help cause cancer.

Thankfully, there are certain steps one can take to help cure acid reflux. If followed regularly, there's no reason why it can't be kept at bay.

1. We've all heard the benefits of drinking water to regulate bowel motions and keep our bodies hydrated. But drinking water also regulates the acidity in our stomachs and serves as a aspect of detoxification. If you decide to go on a diet to cleanse your body system, remember to accompany it with plenty of drinking water.

2. Consuming probiotics is another way to maintain the balance of good viruses in your system. Also a aspect of cleansing, probiotics "discovered in foodstuffs such as curd and yoghurt" help convenience the digestive process and fight off bad viruses.

3. Apple cider the apple company cider vinegar is believed to lower the pH level in the body system. It neutralizes gastric acidity and organic therapy contains healing enzymes.

4. Try to consume cinnamon which can be discovered in capsule form. It absorbs acidity and helps to convenience fits.

5. Garlic, one of the miracle foods we have, is antibacterial so it destroys helicobacter pylori, viruses that can't be eliminated by hydrochloric acidity.

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