Article Side

Kill the heartburn hurts and eat healthy for acid reflux by Emily Walters

Article published on March 28th 2012 | Health

Experienced that unpleasantly sour, sharp and burning sensation in your throat after that heavy meal? Most of us have experienced so in our lifetime. It feels like a severe burning or an acidic taste in out throat and mouth.

Doctors call it an acid reflux. Now what is it? Why do we get that? Most importantly what are the precautions to avoid it? And how to subside it or what are the handy remedies? Acid Reflux is very common phenomenon. The name reflux itself means â€œflow backâ€• or â€œrecedeâ€•. It is derived from word called refluxus or refluere.

There are some strong acids and enzymes produced in our stomach, which help in digesting the foods we eat. Our stomach has a lining for preventing the damage to stomach walls caused by this acid. Sometimes this acid recedes through a tube called esophagus, a connecting passage between our throat and stomach and enters into our throat and mouth. Walls of this tube are not protected by the lining hence this acid works on them and leaves a burning feeling (as any acid would normally do on the skin) into this area. Thus we get a sour and burning sensation at the back of our mouth. Apart from leaving an unpleasant and burning sensation, this does not cause any substantial worries.

There is a very simple cure for this. Taking in an ANTACID or gulping down a cup of cold milk kills this acid attack and also offers a soothing coolness to our throat. Another very important method for long term relief is the detoxification. This method helps in flushing out all the unwanted creations out of our system and cleanses it. There are some foods which offer long term relief from this discomfort, they are aloe vera juice, garlic (crushed or juiced). Enough intake of fresh water will help in proper digestion and lessen the secretion of these acids. Raw, green vegetables, non- citrus fruits help in good digestion and avoiding such attacks. Avoiding the intake of bread, refined sugar, dairy, refined foods, soda and other harsh as well as spicy and fatty foods is better place to begin with. Some donâ€™ts right after meals also help much.

Such as not leaning forward or exert oneself immediately after food intake will avoid this flowing back. Helping our system to digest easily by taking in healthy food will certainly help. So eat healthy and stay healthy!

Interested to know more about Constipation remedies?

Article Source:
http://www.articleside.com/health-articles/kill-the-heartburn-hurts-and-eat-healthy-for-acid-reflux.htm - Article Side

Emily Walters - About Author:
Curiosity to know more about a acid reflux, a detoxification or a Constipation remedies?

Article Keywords:
acid reflux, detoxification, Constipation remedies

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!