

Natural Remedies for GERD:



Occasional heartburn (acid reflux) can happen to anyone. Acid reflux occurs when there is acid backflow from the stomach into the esophagus. This happens when the lower esophageal sphincter (LES) is weakened or damaged. Normally the LES closes to prevent food in the stomach from moving up into the esophagus. heartburn is just one of many symptoms along with coughing and chest pain.

While conventional medicine is the most common form of GERD treatment, there are some home remedies you can try to reduce instances of acid reflux. Prescription medications may be needed in more severe cases to prevent damage to the esophagus

1. Aim for a healthy weight

While heartburn can happen to anyone, GERD seems to be most prevalent in adults who are overweight or obese.

2. Know which foods to avoid

There are certain known trigger foods that can increase your risk for acid reflux. Try avoiding the following foods:

- tomato sauce and other tomato-based products
- high-fat foods, such as fast food products and greasy foods
- fried foods
- citrus fruit juices
- soda
- caffeine
- chocolate
- garlic
- onions
- mint

3. Eat a little, sit up a little longer

Eating smaller meals puts less pressure on the stomach, which can prevent the backflow of stomach acids. You can reduce heartburn *and* eat fewer calories overall.

It's also important to avoid lying down for at least 2 to 3 hours after eating. Doing so can trigger heartburn.

4. Eat foods that help

Ginger for its anti-inflammatory action, oatmeal, noncitrus fruits, vegetables (broccoli, cucumbers, celery, sweet potatoes, asparagus, leafy greens) healthy fats (olive, avocado, flax, coconut, sesame), egg whites, lean meats

After each meal, you may even consider chewing non-mint gum. This can help increase saliva in your mouth and keep acid out of the esophagus.

5. Quit smoking and Alcohol.

Smoking damages the lower esophageal sphincter (LES), which is responsible for preventing stomach acids from backing up. Secondhand smoke can also be problematic if you're fighting acid reflux or GERD.

6. Explore potential herbal remedies

According to the Mayo Clinic, the following herbs have been used for GERD:

- chamomile
- licorice

These are available in supplement and tincture form, as well as teas.

7. Avoid tight clothing

Wearing clothes that are too tight can increase acid reflux episodes. This is especially the case with tight bottoms and belts

8. Try relaxation techniques

GERD itself can be very stressful. Yoga has enormous benefits by promoting mind-body awareness. You can even try quiet meditation and deep breathing for a few minutes several times a day to tame your stress levels.

Still, it's important to know that home remedies alone may not work for acid reflux and GERD. When prolonged, uncontrolled acid reflux occurs, it is time to see your doctor as you can put yourself at a higher risk of esophageal damage.