

A stylized, glowing illustration of the human digestive system. The esophagus is a bright blue tube at the top. The stomach is a large, reddish-orange organ in the center, containing several small red bubbles. Below the stomach is the coiled small intestine, also in shades of red and orange. The large intestine is shown as a thick, blue, coiled tube at the bottom. The background is dark blue with glowing blue and red lines that trace the path of the digestive tract.

The Basics of Acid Reflux

A Simplified Explanation

Table Of Contents

01	What is Acid Reflux?
03	Acid Reflux Disease
05	Acid Reflux Symptoms
07	Acid Reflux Diet
09	Acid Reflux in Babies
11	Acid Reflux in Children
14	Acid Reflux in Infant
17	Acid Reflux Help
19	Acid Reflux Medication
23	Acid Reflux Treatment

What is Acid Reflux?



Acid reflux is a condition characterized by heartburn and other uncomfortable symptoms. Although the exact cause of acid reflux is not known, there seems to be a link between its symptoms and a person's diet. Acid reflux happens during the digestive process. There is a valve between the esophagus and stomach called the lower esophageal sphincter. This valve opens when food is swallowed to allow it to enter the stomach. In optimal conditions, it also keeps stomach acid from refluxing back into the esophagus. Occasionally, the lower esophageal sphincter will open during times when it should be open. This allows stomach acid to reflux, causing the uncomfortable and sometimes painful symptom known as heartburn.

Treatment of acid reflux is diverse. Treatments range from chemically-assisted remedies such as medication or drugs to more natural alternatives. A very popular treatment is a change in diet. Foods high in acidic content can make acid reflux symptoms worse.

Reducing your intake of these foods can help. Fried foods can trigger a reflux response as well. Many people embark on a high-protein diet to help with their heartburn.

Certain lifestyle changes can help with acid reflux. For example, tight clothing can present problems. Furthermore, anything that puts pressure on your abdominal area can trigger reflux. Taking a yoga class can help with symptoms. Yoga helps improve your posture, helping you remain upright. It also helps you to relax, as stress is a reflux contributor.