



Dealing With

Acid
Reflux

DEALING WITH
ACID
REFLUX

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INTRODUCTION

Gastroesophageal reflux commonly known as the Acid Reflux is a condition which occurs when the acid from the stomach moves backwards into the oesophagus tube causing uneasiness and a burning sensation. This happens due to failure in muscular actions and other protective mechanisms.

You know you are suffering from acid reflux when you experience a burning sensation in your chest and a feeling of acid backed up in the oesophagus.

One important reason why this happens is when the sphincter muscle which is located between the stomach and oesophagus becomes weak due to various factors.

If not treated on time and with effective medications, this could lead to various complications. Moreover, the irritating and constant burning sensation makes life miserable for the person suffering from this condition.

With a little life style adjustments it is possible to prevent or completely cure Acid Reflux.

This book offers you in depth information about this condition, methods of prevention and the various treatment options.

When the acid contents from the stomach moves into the oesophagus, there is an irritating burning sensation caused. Continuous irritation of the oesophagus lining leads to a condition called adenocarcinoma which is a type of a cancer originating in the glandular tissue.

Standing or walking for some time after a meal can considerably reduce heartburns.