

## The Ins & Outs Of Acid Reflux & What You Can Do About It

Gastroesophageal reflux disease, or GERD, is the medical term for what we know as acid reflux. It is a disease which occurs when the stomach releases the liquid that is found inside of it back up into the esophagus, causing inflammation and damage to the esophageal lining.

The acid that is regurgitated most often consists of a few compounds: acid, bile, and pepsin. Stomach acid is used in the digestion of food and can be a major irritant to the esophagus due to its tendency to damage tissues. Bile is created in the liver and may be backed up into the stomach, causing it to be released by acid reflux. Pepsin, the last common compound, is actually an enzyme which helps to kick-start the stomach into breaking down proteins.

Once a person becomes afflicted with acid reflux, they usually face the disease for the rest of their lives. Esophagitis can also be expected to be a life-long problem.

Once treatment for acid reflux has begun, a patient is usually advised to continue taking the medication for as long as they want to prevent the disease from affecting them. One thing that may shock you is that everyone actually experiences this regurgitation frequently, as was shown in a research study.

However, those who are afflicted with acid reflux are known to have a higher acid content in the fluid that is brought into the esophagus than the fluids of a person that doesn't have the disease. The fluid also often stays in the esophagus for longer periods of time in those who have acid reflux.

Our bodies do the best that they can to prevent acid reflux from actually causing harm. During hours in which a person is awake, the reflux is usually remedied by a simple swallow.

Also, the saliva generated in our salivary glands contains bicarbonate, which is a neutralizing agent to the effects of acid. When we sleep, however, we are usually horizontal, causing acid to rest in the esophagus for more extended periods of time, leading to greater damage. There are many reasons that someone may suffer from acid reflux, and the same person may experience several of the different problems throughout the course of their illness. Acid reflux leads to heartburn, which is pretty much the defining characteristic and symptom of reflux.

The pain felt through acid reflux can be similar to angina, which is a serious heart condition. For that reason, you should go to a doctor if you experience heavy heartburn to determine what the cause is.

Acid reflux is most commonly experienced after eating a meal, since this is the period of time in which reflux is most likely. People who are afflicted with acid reflux may also experience full regurgitation of fluid, leaving a nasty taste in their mouth and esophageal damage. Nausea occurs in some people with reflux, and it may be accompanied by full-out vomiting. Heartburn and nausea are the two most common reasons people discover that they are afflicted with reflux.

If either of the symptoms sound like something you may be experiencing, it's important to get a hold of a health care professional so they can help you to eliminate the problem.

### About the Author

Are you tired of the pain of acid reflux? If you want to get rid of the heartburn and not have to worry about everything you eat, visit the Reflux Renegade website for more tips & advice about the best [acid reflux remedy](#). Learn more at <http://www.refluxrenegade.com>

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