

Acid Reflux: Alternative and Complementary medications.

While some leading medications work for everyone, they actually make the Acid Reflux worse after you stop taking them. In particular, when a patient takes the medications classed as Proton Pump Inhibitors (PPI), they inhibit the production of acid. When these medications are discontinued, it is observed that the body responds and bounces back with more acid secretion. This is called "rebound hypersecretion," It is, thus, often advisable for people taking PPI's to avoid sudden stoppage of medication

Several herbs are used as heartburn remedies. A post-meal tea of caraway seeds, coriander, chamomile, anise, fennel, angelica, offers great relief. Peppermint and spearmint teas, contraindicated in allopathy, also work a capsule containing peppermint and caraway seed oils taken for four weeks, also helps.

Some specialists rely on roots and herbs. Ginger root is a very versatile herb used in Ayurveda, and regular intake of unto 500 mgs a day actually reduces your episodes of acid reflux.

Symptoms may also be reduced be adding extra fiber to your diet. The acid from food is easily digested by fiber. The extra fiber has the added bonus of keeping you body regular. If you have a problem adding raw foods you have the option of taking your fiber in a pill form or as a water-soluble powder.

If you are a smoker the best thing for you to do is stop as nicotine relaxes the esophageal sphincter which allows fluid to move around freely. Stress and smoking are related so if you can manage to reduce both it may help in your digestion.

You need to stay away from citrus fruits, potatoes, ground beef, Buffalo wings, chicken nuggets, raw onions, ice cream, cheese, spaghetti, liquor or wine, coffee, tea, and certain salad dressings. There is a life beyond all these eatables.

Licorice (sold in health food stores), Meadowsweet (an antacid and anti-inflammatory that helps protect the digestive tract), Papain (helps to make the digestion of food more efficient), Chamomile (aids in digestion) and marshmallow (combined with chamomile works as an anti-inflammatory) have all been used with success as natural alternatives.

Acid reflux can be treated alternatively by making some simple lifestyle changes such as maintaining a good diet and controlling your weight. Managing your stress will also be beneficial in handling this problem.

About the Author

Is your reflux triggered by any of these [causes of acid reflux](#)? Learn more about what can cause reflux & what you can do to stop it at the [Reflux Renegade](#) website.

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