

What Are Some Of The Most Common Reasons For Acid Reflux?

Large amounts of acidic foods are the biggest cause of Acid Reflux. Your digestive muscles help to transport the food during digestion down through the food pipe into the stomach and on to the intestines. In doing this there are valves that control entry, exit and any backflow. The muscles involved move the food by squeezing and relaxing the pipes.

In particular, the LES or Lower Esophageal Sphincter muscle controls entry into and prevents backflow from the stomach into the esophagus or food pipe.

Sometimes, due to weakening of these various muscles, food stays longer in the stomach. Malfunctioning valves, also manage to allow food into areas where it should not go, such as backward from the stomach into the food pipe. Of course, this backflow contains food, digested by stomach acids, and that's why we get the sour warm sensation in our throats. In addition, sometimes, this acid is harmful to the walls of our food pipe, which end up getting scarred.

This, then, is the cause of getting an "obstructed " feeling, as if food is stuck in your throat. With weak muscles, disobedient muscles, and irregular digestive processing in the chest and stomach area, it affects other systems too. Stress prone people often get breathing problems as a result.

Contrary to popular belief, eating acidic foods does not cause one's stomach, blood, or entire body to become more acidic. The stomach itself adds hydrochloric acid in the process of digestion. So acid reflux, is all about foods, which after processing in the stomach, have an acidic resultant residue.

There are many foods that you should avoid if you have Acid Reflex such as caffeine, chocolate, alcohol, peppermint and spearmint. Carbonated beverages should definitely be eliminated. People have had good results by restricting consumption of fatty foods, foods that are processed and fast foods like hot dogs, pizza etc.

Your health is affected by what you eat. Maintain an acid-alkaline balance. You can avoid high acid items like oranges, grapefruit and tomatoes and stick to other fruit and vegetables. Multigrains are great for your health. You can increase proteins to strengthen your muscles but when adding meats the wisest choices are white meats and poultry prepared in a healthy way.

By exercising, watching what you eat and your stress levels and getting enough sleep, you can reduce your chances of acquiring Acid Reflux.

About the Author

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