

## Alternative And Complementary Medications For Acid Reflux

There are several medications that can help reduce the symptoms of acid reflux but can make the problem worse if you stop taking them. These medications are called Proton Pump Inhibitors (PPI), and work by minimizing the acid production in your stomach.

But if you stop taking PPIs, your body responds by bouncing back and producing even more acid, a process known as rebound hypersecretion. Because of this, even if you are considering alternative methods of treating your acid reflux, it's not a good idea to suddenly stop taking PPIs.

There are several herbs that are often used as heartburn remedies. Tea made from caraway seeds, chamomile, coriander, fennel, anise, and angelica can offer relief after a meal. Spearmint and peppermint teas are also known to help. You can also get capsules containing caraway seed and peppermint oils, which some people also get good results from.

There are specialists who rely on roots and herbs. Ginger root is one herb that's used in Ayurveda, and taking it regularly can help reduce acid reflux.

Adequate fiber consumption reduces symptoms of acid reflux. Fiber easily digests the acid from the foods. Fiber also keeps you unconstipated. Fiber pills or water-soluble powders are available for those who do not enjoy raw foods.

Stop smoking. Nicotine causes a relaxation of the esophageal sphincter, allowing fluids to swish around freely. Sometimes smoking and stress are related, and both need to be reduced, as both affect 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 excellent anti-inflammatory and antacid that works to protect membranes in the digestive tract), certain digestive enzymes, such as Papain (helps to digest food better and faster, and keeps it from sitting around in the stomach for long periods), Chamomile (works for all digestive problems), and even marshmallow (works as anti-inflammatory, together with chamomile), all have had success as alternative medications over a period of time.

In the end, a good diet, positive changes in your lifestyle, weight control and lowering your stress level will all help reduce the symptoms of acid reflux.

## About the Author

Is acid reflux keeping you up at night? Are you sick of watching what you eat at restaurants? Find out about a simple [cure for acid reflux](#) that can help you get rid of your stomach pain for good. Visit [www.refluxrenegade.com](http://www.refluxrenegade.com) for more info

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