

Title:
Acid Reflux

Word Count:
453

Summary:

Acid reflux is made up of chronic symptoms and / or mucosal damage that are caused by the abno

Keywords:

acid, reflux, stomach, symptoms

Article Body:

Acid reflux is made up of chronic symptoms and / or mucosal damage that are caused by the abno

Sometimes acid reflux is a physical problem, where the lower esophageal sphincter does not eff

The most common symptom and complaint of those suffering from acid reflux is heartburn, which

In order to diagnose the condition, patients may be given a barium mixture to drink. This will

Sometimes endoscopy is used to better examine the esophagus, stomach and relating portions of

No matter which course of treatment you and your doctor decide to pursue, there are many types

Acidic, fatty and spicy foods tend to promote gastroesophageal reflux. Coffee, alcohol, vitami

Chocolate and peppermint, onions, cabbage, broccoli, cauliflower and Brussels sprouts are know

Eating smaller meals, elevating the head of your bed and drinking more water have all been sho

Though there are a number of heartburn medications on the market, I strongly advise you to fin

So let's work with our bodies and do our best to ingest foods that help us and avoid ones that

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