

# Natural Remedies for Acid Reflux/Heartburn – A Compilation

Here is a list of natural remedies that you can use when you have acid reflux or heartburn. No need to use antacids, which have unwanted side effects and contain aluminum, which has been associated with senility and Alzheimer's disease.

## **Anise, Chamomile, Lavendar, Peppermint**

Aniseed or anise – is a powerful herb that helps in digestive conditions and has many other benefits for your body. Use only the ash-colored anise called green anise, European anise or sweet anise. There are two other types of anise, star anise and caraway, which should not be used here.

Chamomile can be found in most health food stores. It is commonly used to make a tea by simmering 1 teaspoon of licorice root powder in a cup of water for about 15 minutes then add 1 tablespoon of chamomile to the pot and cover and let brew for another 10 minutes. Use a tea strainer to remove grounds and then drink while warm. It is reported that this works well as a daily therapy for acid reflux heartburn.

Lavender – known for its scent has enormous healing activity for your body. Is also an excellent stomach aid. It is useful in reducing acid in the stomach.

Peppermint – Known to benefit digestion is another powerful herb for stomach conditions or heartburn. It helps in digestion, stomach distension, cramps, ulcers, and gas.

Peppermint was the second most common home remedy given to us in our search. Many heartburn sufferers carry peppermint candies in their pocket and use these to soothe the burning sensation of heartburn. Health food stores have a number of peppermint products that provide an increase dosage of this herb. These include drops, gum and tablets. Reported benefits include reduction of gas, bloating, cramps while improving digestion.

Here's a tea that you can make to help you with acid reflux or heartburn. It will help you reduce the amount of acid you have in your stomach. Mix together equal amounts of aniseed, peppermint and lavender. Make an infusion of this tea:

- \* boiling 2 ½ cup distilled water
- \* pour this water over a teaspoon of the herbal mixture
- \* let this tea sit for 3- 5 minutes
- \* strain the tea and add a little bit of honey if you like
- \* place this tea in a thermos

Drink up to 8 oz in the morning and 8 oz in the evening to get relief of acid reflux.

## **Baking soda**

Take 1/2 teaspoon in 1/2 glass water. Check the antacid use information on the box before using this remedy, however.

*Warning!* If you're on a salt-restricted diet, do not use baking soda. It's loaded with sodium. And do not use it if you're experiencing nausea, stomachache, gas, cramps, or stomach distention from overeating.

## **Brown rice**

Plain or with a little sweetening, rice can help relieve discomfort. Rice is a complex carbohydrate and is a bland food, which is less likely to increase acidity or relax the sphincter muscle.

## **Buttermilk / Yoghurt**

This is an acid-reliever, but don't confuse it with regular milk, which can be an acid-maker, especially if you are bothered by lactose intolerance.

Yoghurt - Make sure it has live cultures in it. Because of the helpful and digestive-friendly microorganisms in yogurt, it may sooth the acid-forming imbalances that can lead to heartburn.

## **Cabbage / Romaine Lettuce**

Like apples, cabbage is a natural fire extinguisher for stomach burn. For the best relief, put the cabbage through a juicer, then drink it.

Romaine lettuce can be used to eliminate an acid reflux or heartburn condition. This lettuce is high in minerals and is highly alkaline.

Here's what you need to do:

- \* Buy an organic romaine lettuce head
- \* Wash in distilled water
- \* Cut up the leaves and place them in a blender
- \* Add cold distilled water to make a slurry
- \* Add a slight amount of honey to give it taste

Drink a 4-8 oz to get relief from your acid reflux or acid stomach

## **Cloves**

Take one piece of Clove and suck on it slowly. Or, put a few drops of oil of clove in a glass of water and sip slowly.

## **Chicory Root**

Chicory comes from a family of bitter herbs that contain endive and escarole. Boil 1 ½ cup of chicory root for 5 - 10 minutes. After it cools to room temperature, drink this tea to correct acid reflux or heartburn.

Adding these herbs to your salad will also have benefits in preventing acid reflux. Eating those foods that are alkaline is the best way to avoid acid reflux and heartburn.

Using the remedies listed here will give relief from your acid reflux. But more importantly add a salad to your diet everyday and you will have less acid reflux in your life.

## **Cinnamon**

Cinnamon has many medicinal uses aside from being great for various pastries. It has an antiseptic effect and has been historically used for colds and flu's. It has fighting power against *Candida albicans* and has the ability to settle acidic stomachs.

Here's how to use cinnamon for an acid stomach or heartburn:

- \* Toast raisin bread
- \* Butter the raisin bread
- \* Sprinkle cinnamon on the bread
- \* Sprinkle cardamom on the bread

When you eat this toasted bread, chew slowly and completely before swallowing to allow the digestive juices in your mouth to start breaking down this food.

Cardamom, which is found in India, has been used successfully in treating Celiac disease, which is an intolerance to gluten found in most bread.

## **Crackers (salty biscuits)**

This is an old folk cure that actually works. Soda crackers (preferably unsalted) are bland, they digest easily, and they absorb stomach acid. They also contain bicarbonate of soda and cream of tartar, which neutralize the acid. Tip: You know that package of

soda crackers they always give you at the restaurant that you leave on the table? From now on, take them with you. These come in handy when you're plagued by heartburn and can't seek immediate relief.

### **Cream of tartar**

For an acid neutralizer, mix 1/2 teaspoon with 1/2 teaspoon baking soda in a glass of water. Take 1 teaspoon of the solution as needed.

### **Digestive enzymes**

Just before you eat, take some digestive enzymes. There are a variety of types that you can buy in a health food store – cost is about \$15.00. Digestive enzymes will help you digest your food in the stomach and lessen the work the stomach has to do. But don't take enzymes if you have an ulcer.

Use digestive enzymes that contain Betain, pepsin, or HCl with each meal to make sure you digest all of your protein.

Papaya digestive enzymes, which contain papain, are also excellent for protein digestion and you can use them with each meal. Use 500mg or more of papaya enzymes per meal.

### **Food/Fiber**

Increase your fiber intake, as it aids in the absorption of excess acid and gas. It helps in flushing out the toxins from your body.

Limit the food that you eat. When you eat excess food where you combine meat, carbohydrates, sugar, sodas, fats, and processed foods, the food your stomach cannot digest turns into acid. This acid creates gas and can put pressure on a weak LEV causing it to open.

A weak LEV, which can open during your digestion process, is usually caused by eating an acid diet. A balanced diet, which contains alkaline and acid food keeps your LEV strong and will not open when you occasionally eat more food than you should.

### **Fresh Fruits**

Fresh apples, bananas and grapefruit peels are also effective natural cures for acid reflux. Dried figs, fresh pineapple and papaya are rich in enzymes which help in the process of digestion. They are good natural cures for acid reflux and a source of vitamins and minerals. Carrots and cabbage are also efficient natural cures for acid reflux and can control the secretion of gastric acid inside the stomach.

Papaya is a fruit of the tropics but also is grown in south Florida. It can be found in some grocery stores. The enzymes in this fruit have been used for hundreds of years for stomach disorders. The best result come from eating the fresh fruit with breakfast. Jellies made from papaya are also reported to give relief to the symptoms of heartburn. Some health food stores carry papaya related products including papaya enzyme that may be affective as well.

Pineapples are a storehouse of enzymes and contain bromelain, an enzymes that breaks down proteins. Pineapples facilitated digestion, reduce inflammation, and supports wound healing. The fresh juice has a high level of enzymes that will help you stop your acid reflux. It is reported that using fresh pineapple provides better results.

Apples cool the burn of stomach acid. Eat them fresh, with the skin still on, or cook them for desserts.

Apple honey - This is a simple remedy that will neutralize stomach acids. Peel, core, and slice several sweet apples. Simmer with a little water over low heat for three hours until the mixture is thick, brown, and sweet to the taste. Refrigerate in an airtight container and take a few spoonfuls whenever you have the need.

After you eat, don't eat any fruit. Your stomach is busy digesting the food you just ate. Eating fruit will cause the fruit to remain in your stomach waiting to be digested and will start decaying and will become acid.

## **Ginger**

A tea from this root can soothe that burning belly. Add 1 1/2 teaspoons ginger root to 1 cup water; simmer for ten minutes. Drink as needed.

## **Grapefruit Skins**

Here is a way to settle your acid reflux stomach with grapefruit. Use only organic grapefruit for this remedy. Here's what to do:

- \* Grate the entire outer skin of an organic grapefruit
- \* Spread them out on a flat dish to dry
- \* Allow them to get crinkly dry
- \* Store them in a glass jar or zip lock bag

Whenever you get an upset stomach, acid reflux or heartburn start chewing and eating these strips of dried grapefruit. These strips will settle out your stomach. Eat only a few of them and test to see how many you need.

## **Harad (chebulic myrobalan)**

Keep a small piece of harad (chebulic myrobalan) in your mouth and chew it after every meal. Chebulic myrobalan (Haritaki, Harida, Harar, Chebulic myroblan, Black myroblan, Harada) has been used in India for the treatment of diarrhea, dysentery, constipation, heart-burn, piles, hemorrhoids, dyspepsia, and liver disorders.

## **Licorice**

Licorice has long been used to treat the symptoms of heartburn. Sold in health food stores as DGL deglycyrrhizinated licorice) it comes in the form of gum, chewable tablets or powder. The powder or tablets are usually dissolved in warm water, and then this composition is drunk. Again this remedy is usually most effective when taken as a preventative on a daily basis. As with all licorice it can temporarily raise your blood pressure.

## **Mace, Nutmeg, and Slippery Elm**

Here is a natural remedy that uses mace and nutmeg, which has a history of treating indigestion, acid stomach, heartburn, acid reflux, stomach gas, and vomiting.

Here's how to use it with half and half and slippery elm root herb. Slippery elm herb can be purchase in any herb store in powder.

- \* 1 teaspoon of slippery elm bark
- \* a pinch of nutmeg
- \* a pinch of mace
- \* add distilled water to make a smooth slurry
- \* heat a pint of half and half to boil
- \* pull half and half from stove and add herb slurry
- \* stir in herb slurry

Allow this mixture to cool. Drink up to ½ cup at a time. Store the unused portion in the refrigerator. When drinking the next cup, warm this mixture up.

Acid reflux and heartburn require alkaline nutrients to provide relief. These 4 natural remedies, when prepared properly, will give you the relief you need from these conditions. Try them; you will be surprised on how well they work.

## **Pumpkin**

Eat it baked as a squash to get rid of heartburn. Fresh is best. Spice it up with cinnamon, which is another heartburn cure. Or, make compote of baked pumpkin and apples, spiced with cinnamon and honey, for a dessert that's both curative and tasty.

## **Sage**

A sage tea can relieve stomach weakness that allows acid to be released back into the esophagus.

## **Saliva**

That's right! If you stimulate saliva production by chewing gum or sucking on a lozenge, the saliva can relieve heartburn. Your saliva bathes the esophagus and lessens the effects of acid that has refluxed up from the stomach. For example, chewing sugarless gum for 30 minutes after meals stimulates saliva and eases acid reflux.

Keep a small piece of jaggery (gur) in your mouth and slowly suck it. Repeat it every hour till acidity subsides. Saliva acts to wash the effect of acid. So, sucking on anything for some small amount of time will help reduce the effect of acid.

## **Sugar**

Limit your consumption of sugar when you eat. Sugar has no nutritional value and causes calcium to go out your urine. In addition, other minerals are used up during its digestion. For sure don't drink soda or other sweet drinks during your meals.

## **Tulsi**

Chew a few basil (tulsi ) leaves to get relief from burning, nausea and gas.

## **Turmeric**

Turmeric is found in most curried foods. Someone suffering from heartburn would naturally tend to avoid spicy foods, however turmeric is known to aid in digestion and reduce stomach acid levels. It most commonly used in cooking but it is available in capsules. Taken prior to each meal it has been reported to stop or reduce the symptoms of acid reflux.

## **Vegetables**

Eat vegetables with lunch and dinner and decrease the amount of meat and protein you eat. Don't over eat since this puts an extra load on your stomach and you may not be able to digest all this food. Try eating your vegetables raw when possible since this gives you extra enzymes and plenty of minerals. Any time you eat bread eat it with some vegetables. Bread is hard to digest and the added fiber helps its digestion and helps to move it through the colon faster

Carrots and cabbage are also efficient natural cures for acid reflux and can control the secretion of gastric acid inside the stomach.

## **Water**

Drink plenty of water at least 8 glasses everyday.

When eating your meal, don't drink any cold liquid. Cold liquid in the stomach decreases the digestive activity and your food will take longer to digest. It is best not to drink any water with your meal since this decrease the strength of your hydrochloric acid. If you have to drink water to clear your throat use water at room temperature.

# **Heartburn / Acid Reflux – Causes**

## **10 Most Frequent Causes:**

There are several causes of heartburn / acid reflux. There are several that are the most frequent causes of heartburn. Finding out what these are can help you make changes in your lifestyle and habit so you can prevent the acid reflux from happening.

### **1. Coffee, tea, and other drinks that contain caffeine**

Caffeine can relax the LES, allowing stomach contents to reflux into the esophagus.

### **2. Chocolate**

Chocolate contains concentrations of theobromine (a compound that occurs naturally in many plants such as cocoa, tea and coffee plants), which relaxes the esophageal sphincter muscle, letting stomach acid squirt up into the esophagus.

### **3. Fried and fatty foods**

These foods tend to slow down digestion, keeping the food in your stomach longer. This can result in increases pressure in the stomach, which in turn puts more pressure on a weakened LES, allowing reflux of stomach contents.

### **4. Tomatoes and tomato-based products**

These foods relax the lower esophageal sphincter (LES).



### 5. Alcohol

Alcohol relaxes the lower esophageal sphincter, allowing the reflux of stomach contents into the esophagus. It also increases the production of stomach acid.

### 6. Tobacco

The chemicals in cigarette smoke weaken the LES as they pass from the lungs into the blood.

### 7. Large meals

A full stomach can put extra pressure on the lower esophageal sphincter (LES), which will increase the chance that some of this food will reflux into the esophagus.

### 8. Citrus fruits and juices

These foods relax the lower esophageal sphincter (LES).

### 9. Eating within 2 to 3 hours prior to bedtime

Lying down with a full stomach can cause stomach contents to press harder against the LES, increasing the chances of refluxed food.

### 10. Wearing tight fitting clothing

Clothing that fits tightly around the abdomen will squeeze the stomach, forcing food up against the LES, and cause food to reflux into the esophagus. Clothing that can cause problems include tight-fitting belts and slenderizing undergarments.

## Safe Foods For The Acid Reflux Diet:

Food Group	Foods With Little Potential to Cause Heartburn
<b>Fruit</b>	<ul style="list-style-type: none"><li>• Apple, fresh</li><li>• Apple, dried</li><li>• Apple juice</li><li>• Banana</li></ul>
<b>Vegetables</b>	<ul style="list-style-type: none"><li>• Baked potato</li><li>• Broccoli</li><li>• Cabbage</li><li>• Carrots</li><li>• Green beans</li><li>• Peas</li></ul>
<b>Meat</b>	<ul style="list-style-type: none"><li>• Ground beef, extra-lean</li><li>• Steak, London Broil</li><li>• Chicken breast, skinless</li><li>• Egg whites</li><li>• Egg substitute</li><li>• Fish, no added fat</li></ul>

<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Cheese, feta or goat</li> <li>• Cream cheese, fat-free</li> <li>• Sour cream, fat-free</li> <li>• Soy cheese, low-fat</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>• Bread, multi-grain or white</li> <li>• Cereal, bran or oatmeal</li> <li>• Corn bread</li> <li>• Graham crackers</li> <li>• Pretzels</li> <li>• Rice, brown or white</li> <li>• Rice cakes</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Mineral water</li> </ul>
<b>Fats / Oils</b>	<ul style="list-style-type: none"> <li>• Salad dressing, low-fat</li> </ul>
<b>Sweets / Desserts</b>	<ul style="list-style-type: none"> <li>• Cookie, fat-free</li> <li>• Jelly beans</li> <li>• Red licorice</li> <li>• Potato chips, baked</li> </ul>

## Foods To Avoid On The Acid Reflux Diet:

<b>Food Group</b>	<b>Foods To Avoid</b>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Orange juice</li> <li>• Lemon</li> <li>• Lemonade</li> <li>• Grapefruit juice</li> <li>• Cranberry juice</li> <li>• Tomato</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Mashed potatoes</li> <li>• French fries</li> <li>• Onion, raw</li> </ul>
<b>Meat</b>	<ul style="list-style-type: none"> <li>• Ground beef, chuck</li> <li>• Marbled sirloin</li> <li>• Chicken nuggets</li> <li>• Buffalo wings</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Sour cream</li> <li>• Milk shake</li> <li>• Ice cream</li> </ul>

	<ul style="list-style-type: none"> <li>• Cottage cheese, regular</li> </ul>
<b>Grains</b>	<ul style="list-style-type: none"> <li>• Macaroni and cheese</li> <li>• Spaghetti with sauce</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Liquor</li> <li>• Wine</li> <li>• Coffee, decaffeinated or regular</li> <li>• Tea, decaffeinated or regular</li> </ul>
<b>Fats / Oils</b>	<ul style="list-style-type: none"> <li>• Salad dressing, creamy</li> <li>• Salad dressing, oil &amp; vinegar</li> </ul>
<b>Sweets / Desserts</b>	<ul style="list-style-type: none"> <li>• Butter cookie, high-fat</li> <li>• Brownie</li> <li>• Chocolate</li> <li>• Doughnut</li> <li>• Corn chips</li> <li>• Potato chips, regular</li> </ul>