Acid Stomach Natural Remedy

Excess stomach acid or acid reflux disease sufferers are driven to find relief by trying every treatment from over the counter medication to indulging in common myth treatments that worsen their condition. Learning to eat correctly, knowing what foods to avoid, and the use of natural remedies will reduce the production of stomach acid and stop the suffering. Understanding the effects of dietary habits is essential. Many believe drinking milk before bedtime will reduce stomach acid but it can actually have the opposite result. There are several natural remedies, including diet, for the treatment of excess acid stomach.

Dietary Habits
The amount of food in your stomach at one time determines the level of stimulation of stomach acid. Abandon the American tradition of eating 3 meals a day for eating 6 or more small meals. This will reduce the amount of stomach acid produced. Avoid acidic fruits, spicy foods, and coffee to help reduce stomach acid. Eat protein at every meal with complex carbohydrates like whole grain bread, cooked cereals, and pasta. Have 5 servings of fresh vegetables each day. Avoid high fat, processed, and drive thru foods because they take longer to digest and stimulate stomach acid production. Drink 8 (8 ounce) glasses or more of water each day.

Apple Cider Vinegar (ACV)
Drink 1 tablespoons of apple cider vinegar in water at least 3 times a day before meals. Raw organic apple cider vinegar looks murky and has sediment in the bottle but is more beneficial than distilled because it still contains natural enzymes which aids in digestion. Raw organic apple cider vinegar has many healing properties for allergies (food and environmental), sinus infections, acne, high cholesterol, flu, chronic fatigue, sore throats, contact dermatitis, arthritis, weight loss, and gout.

Acidophilus
Acidophilus is a combination of friendly bacteria which help in human digestion. Treat excess stomach acid with a soothing non-dairy acidophilus. Take acidophilus before meals when stomach acid levels are at their lowest for best results. Follow the recommended dosage on the label. In addition, acdophilus helps bolster the immune system and provides some relief from intestinal problems including diarrhea.

Mastic Gum
Mastic gum neutralizes acid in the esophagus and stomach. Because mastic gum has antibacterial and anti-fungal properties, it has been used successfully for the treatment and healing of peptic ulcers. For the treatment of excess stomach acid follow the recommended dosage on the label.

Tips
After eating, remain sitting upright for at least 45 minutes to aid your stomach in digesting. Reduce excess acid symptoms by sleeping with your head elevated 6’ to 8’.

Keywords acid stomach natural remedy, diet for acid stomach, natural remedies for stomach acid

Reference:
Acid Stomach Diet http://www.healthcastle.com/acidstomach.shtml
Natural Cure for Acid Reflux http://www.natural-cure-remedy.com/acid-reflux.html

Resources
Apple Cider Vinegar
http://www.earthclinic.com/CURES/acid_reflux.html#APPLECIDERNUMBERONE
Natural Cures for Acid Stomach http://www.natural-health-remedies.net/natural-cures-for-acid-stomach.html
Herbal Remedies or acid Reflux [http://herbalremediesforacidreflux.com/]