

Article Title: Try These 4 Natural Heartburn Remedies

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Description: If heartburn is causing you pain and interrupting your sleep, try these 4 natural heartburn remedies before spending time and money on expensive prescription or over the counter medications.

Article Text:

Those who suffer from heartburn may have heard of natural heartburn remedies, and may have tried a few without success. Learn more about the 4 natural heartburn remedies described below. They are effective and safe, without the side effects that can come from prescription medications for gastric problems.

Sparkling Mineral Water

These mineral waters are popular in Europe, South America and Asia, where people eat many spicy and often fatty foods. Have a glass of a sparkling mineral water with your meal, and before bed. The minerals help neutralize excess acid and the bubbles break up small gas pockets before they can enlarge, pushing stomach acid up into your esophagus. Popular brands are Perrier, San Pellegrino, Apollinaris, Gerolsteiner, Ramlosa and Badoit.

Ginger

In flakes from the dried root, or powder, ginger added to foods that contain onions, garlic or fats will help your body digest these foods more quickly. Ginger can prevent the surges of acid from your gall bladder that are needed to digest these foods. It also relaxes the smooth muscle that forms the esophagus, stopping the reflux action that pushes acid upward through your digestive tract. Ginger is also available in capsules or tea for use between meals.

Chewable Vitamin C Tablets

Sometimes the problem is not enough stomach acid, rather than too much. Chew 1 or 2 chewable Vitamin C tablets before you eat a meal high in fats, such as pizza, fried chicken, or pork ribs. Your stomach will then have acid available to help start digesting these foods immediately, and your gall bladder can send less of its powerful hydrochloric acid to your stomach.

Soda Crackers

Made with natural baking soda, an acid neutralizer, soda crackers will quickly douse the burning sensation of heartburn. Eat 3 or 4 of these little crackers right

away after you feel heartburn due to acid reflux for relief in about half a minute.