



Dealing With

**Acid
Reflux**

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INTRODUCTION

Gastroesophageal reflux commonly known as the Acid Reflux is a condition which occurs when the acid from the stomach moves backwards into the oesophagus tube causing uneasiness and a burning sensation. This happens due to failure in muscular actions and other protective mechanisms.

You know you are suffering from acid reflux when you experience a burning sensation in your chest and a feeling of acid backed up in the oesophagus.

One important reason why this happens is when the sphincter muscle which is located between the stomach and oesophagus becomes weak due to various factors.

If not treated on time and with effective medications, this could lead to various complications. Moreover, the irritating and constant burning sensation makes life miserable for the person suffering from this condition.

With a little life style adjustments it is possible to prevent or completely cure Acid Reflux.

This book offers you in depth information about this condition, methods of prevention and the various treatment options.

When the acid contents from the stomach moves into the oesophagus, there is an irritating burning sensation caused. Continuous irritation of the oesophagus lining leads to a condition called adenocarcinoma which is a type of a cancer originating in the glandular tissue.

Standing or walking for some time after a meal can considerably reduce heartburns.

ABOUT THE OESOPHAGUS

The Oesophagus is commonly known as the food pipe. This pipe is in the form of a tube which is about nine and a half inches in length extending from under the tongue to the stomach.

Oesophagus is quite narrow at the top, bottom and the centre. The outermost layer consists of fibrous tissue. The layer in the centre consists of smooth muscle and the innermost layer contains numerous tiny glands.

The epiglottis protects the trachea by folding over it when you swallow food. This prevents the food from getting into the lungs.

The Gastroesophageal Reflux Disease (GERD) exhibits two common symptoms that are Heartburn, where you will experience a burning sensation in the chest, along with Regurgitation that feels like all the acid from your stomach is backing up into the oesophagus.

Apart from acid there are other products like bile, pepsin, etc which can also cause discomfort when they back up into the food pipe.

WHAT EXACTLY HAPPENS -

Wavelike muscular contractions also called peristalsis occurs when you swallow the food. This action causes the oesophagus to move into the stomach where the food is broken down into starch, fat and protein with the help of acids and enzymes like the hydrochloric acid and pepsin.

These pages are a sample of what is available in the full version of **Dealing With Acid Reflux** an informative ebook available at www.ebookaudiodepot.com.