

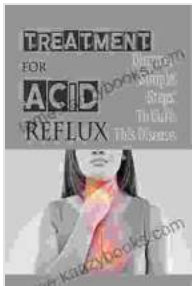
Break Free from Acid Reflux: Your Comprehensive Guide to Long-Lasting Relief
Introduction Acid reflux, also known as gastroesophageal reflux disease (GERD), is a common condition affecting millions worldwide. It occurs when stomach acid flows back into



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Treatment For Acid Reflux: Discover Simple Steps To Cure This Disease: Take To Cure Silent Reflux

by Destiny S. Harris

★★★★★ 5 out of 5

Language : English
File size : 13223 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Print length : 38 pages
Lending : Enabled
Screen Reader : Supported

FREE

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12 Natural Ways to Relieve **SILENT REFLUX**



Dr. Axe
NATURAL MEDICINE

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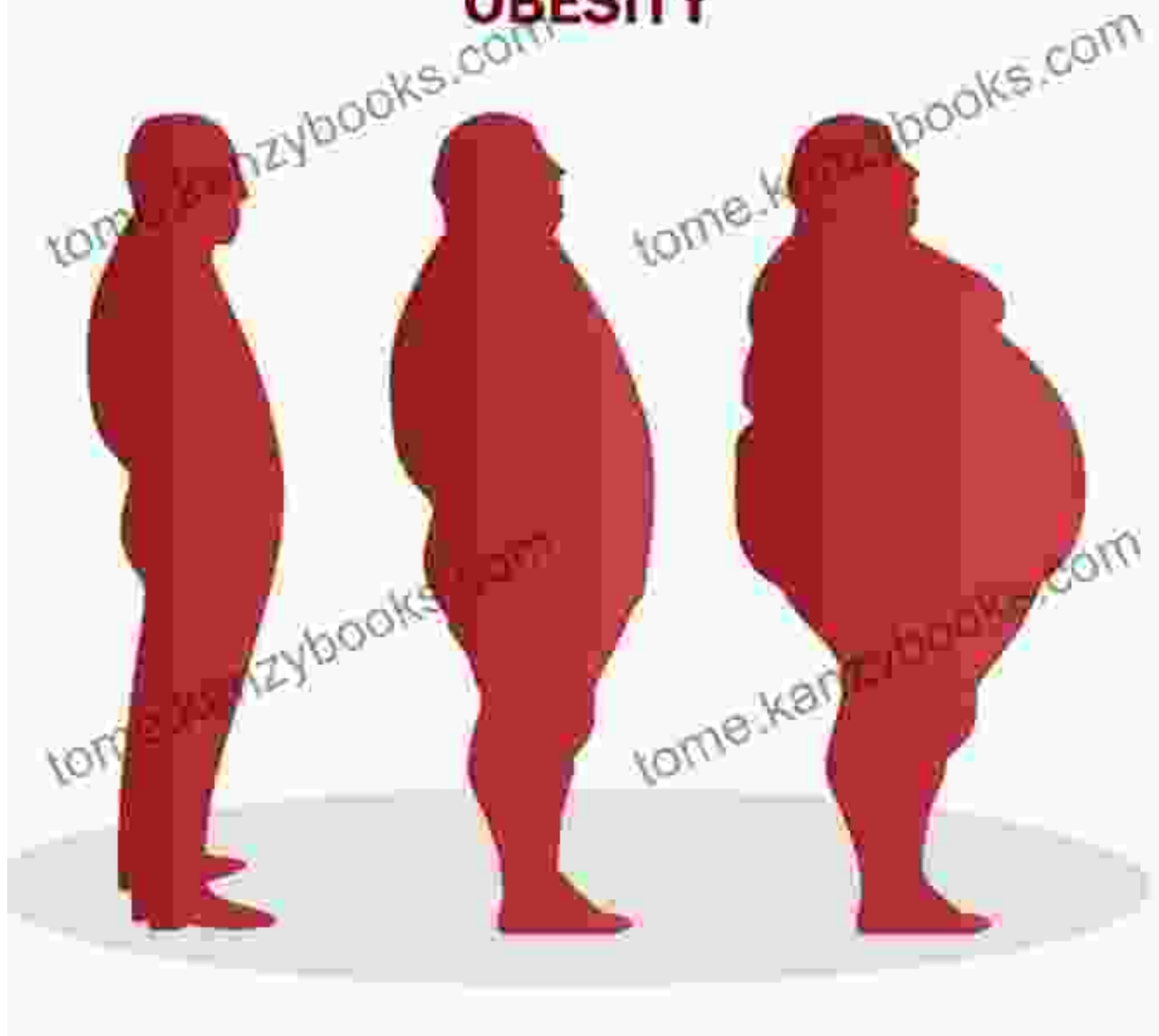


Underlying Causes of Acid Reflux

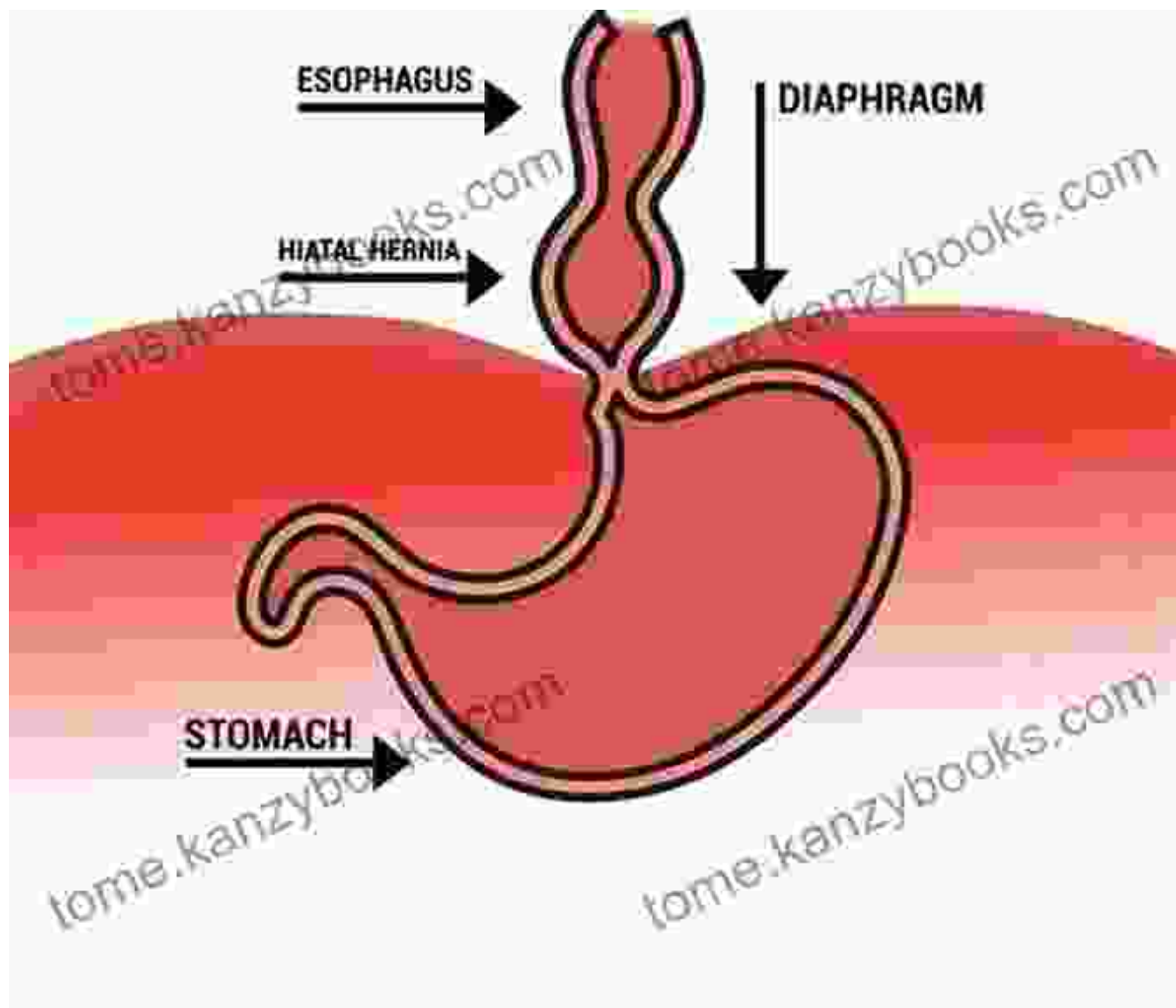
Acid reflux can be triggered by various factors, including:

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OBESITY



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Conventional Treatment Options

Conventional treatment options for acid reflux typically involve the use of medications, such as:

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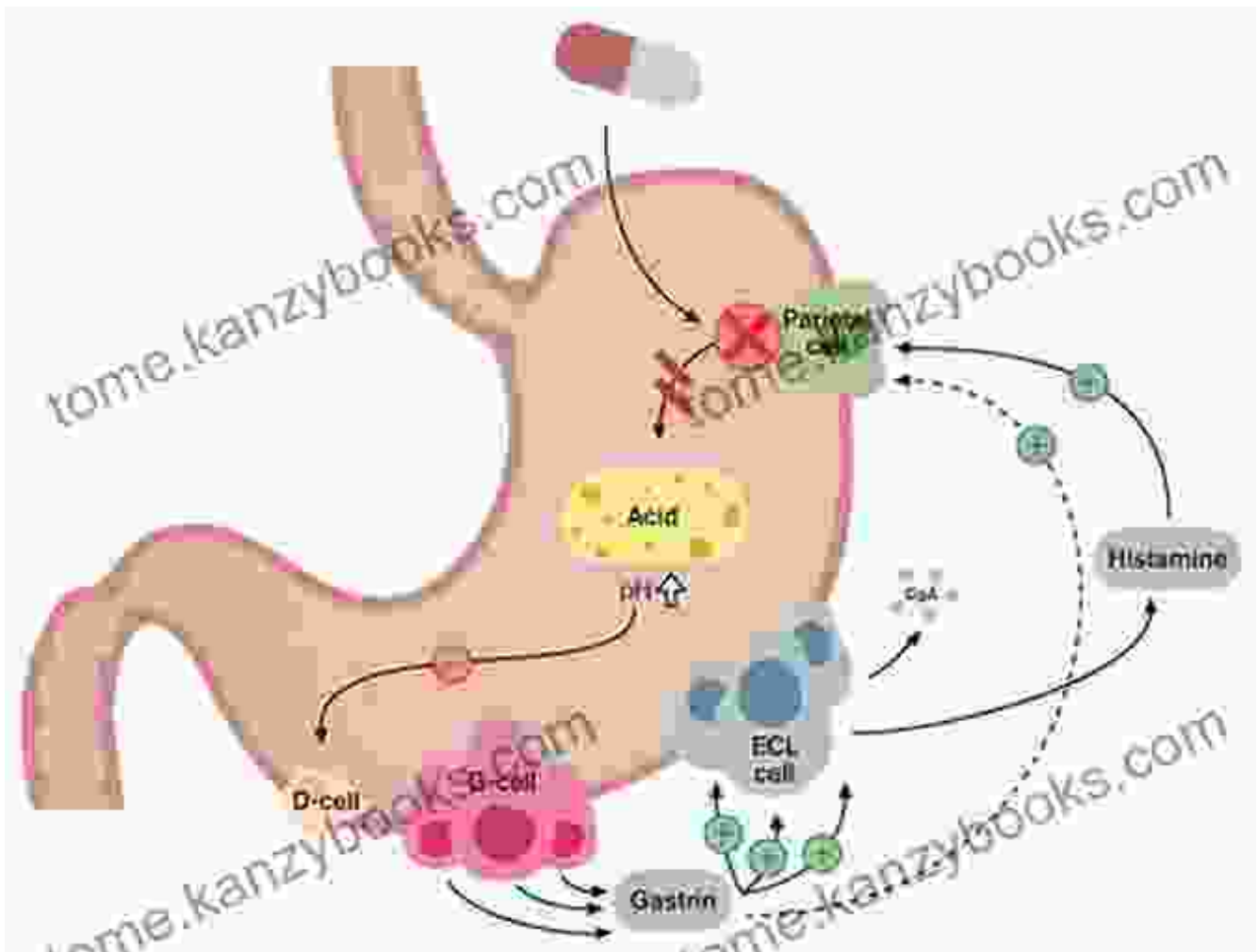


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How do H₂
blockers help
reduce stomach
acid production?



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While these medications can alleviate symptoms, they often provide only temporary relief and do not address the underlying causes of acid reflux. Moreover, long-term use of PPIs can lead to a number of side effects, including bone loss, vitamin B12 deficiency, and increased risk of pneumonia.

The Treatment For Acid Reflux Solution

Treatment For Acid Reflux presents a holistic approach to managing acid reflux, addressing both the symptoms and the root causes. This comprehensive guide includes:

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Exercise Prescription for Life

4-5 days a week of some physical activity

Dr. Benjamin Levine



(these can be done in any order)

1 Day

1 hour - something **fun!**



1 Day

4 mins **high intensity**
3 mins **recovery**

repeat 4x



2 - 3 Days

30 minute **moderate intensity**



Plus

Any day - 30 minute **strength** training



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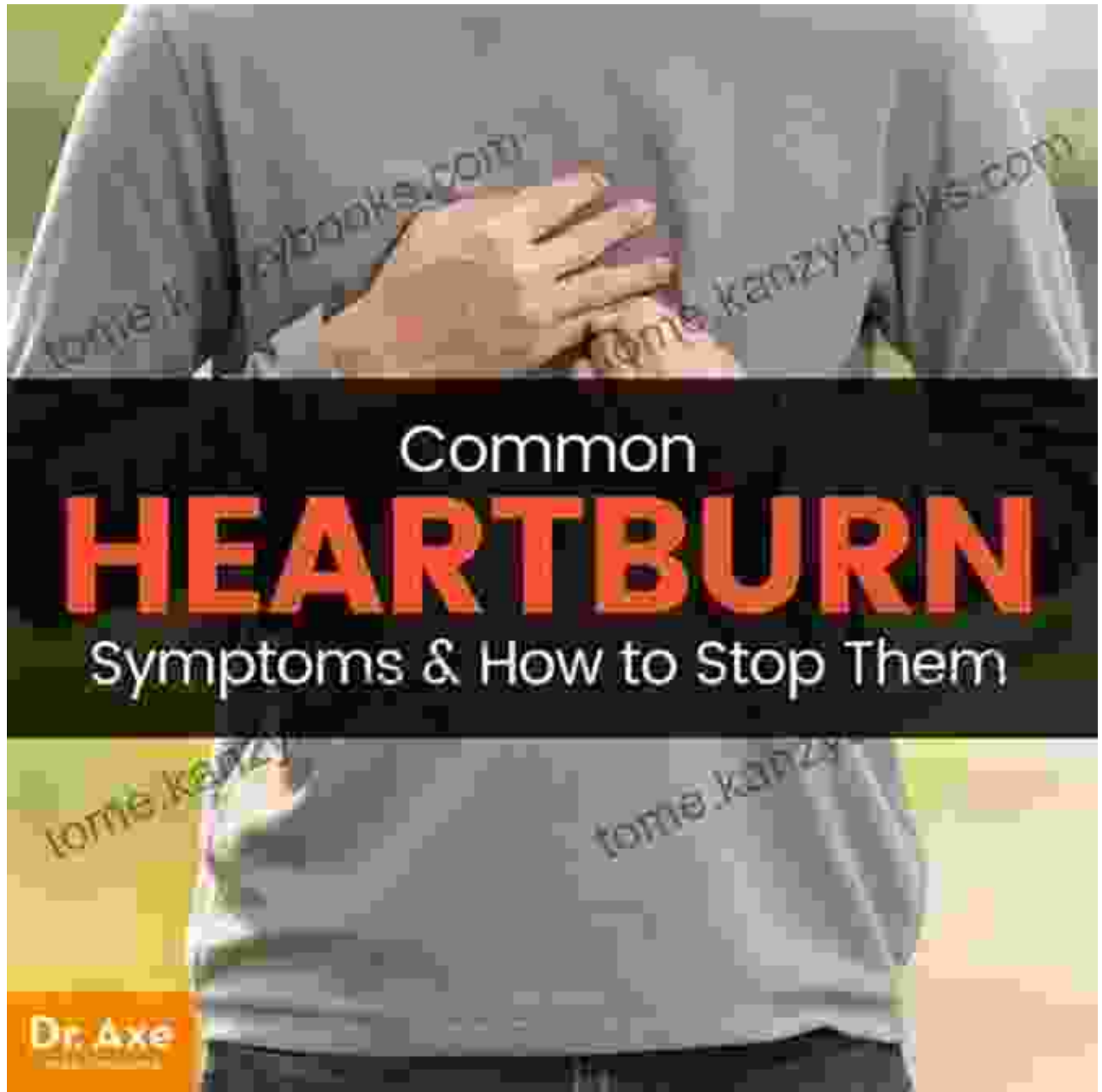
UT Southwestern
Health System



Benefits of Treatment For Acid Reflux

By implementing the strategies outlined in Treatment For Acid Reflux, you can experience numerous benefits, including:

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TIPS TO IMPROVE THE QUALITY OF YOUR SLEEP



Avoid stimulants like nicotine and caffeine.



Do not eat or drink right before going to bed.



Exercise regularly.



Limit activities in bed. Do not balance the checkbook, study, or make phone calls, avoid watching tv or listening to the radio.



Reduce stress.



Make your sleeping environment comfortable. Temperature, lighting and noise should be controlled to make the bedroom conducive.





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How to Reduce Side Effects of Medicine

- Beware of New Drugs
- Avoid Drug Interactions
- Maintain Dosage
- Seek Genetic Testing

 [SEQUENCING.COM](https://sequencing.com)

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WHAT ARE THE COMMON SYMPTOMS OF REFLUX?

Gastro-oesophageal Reflux Disease (GORD)

- Persistent heartburn
- Oesophagitis (inflammation of the oesophagus)
- Regurgitation
- Indigestion
- Nausea
- Occasional vomiting

GORD is when the contents of the stomach (acid, pepsin & bile) escapes through a valve at the top of the stomach - called the lower oesophageal sphincter - into the oesophagus

Laryngopharyngeal Reflux (LPR or Airway Reflux)

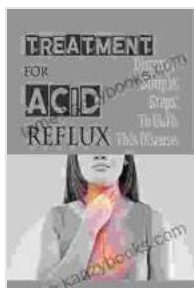
- Sore throat
- Chronic cough
- Hoarseness
- Lump in the throat
- Persistent throat clearing
- Voice changes
- Difficulty swallowing
- Tooth decay
- Asthma
- Post-nasal drip

LPR is when stomach contents reflux beyond the valve at the top of the oesophagus - called the upper oesophageal sphincter - into the back of the throat and airways

PEPTEST
The world's first non-invasive test for reflux disease
www.peptest.co.uk

1 in 10
People of all ages are estimated to suffer from reflux in the UK.

If you are struggling with acid reflux, Treatment For Acid Reflux offers a comprehensive and effective solution. This evidence-based guide empowers you to take control of your condition, reduce symptoms, and improve your overall health and well-being. By implementing the strategies outlined in this book, you can break free from acid reflux and reclaim your life.



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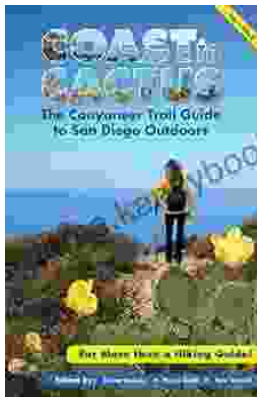
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