

## Top 6 Home Remedies To Treat Heartburn And Acid Reflux

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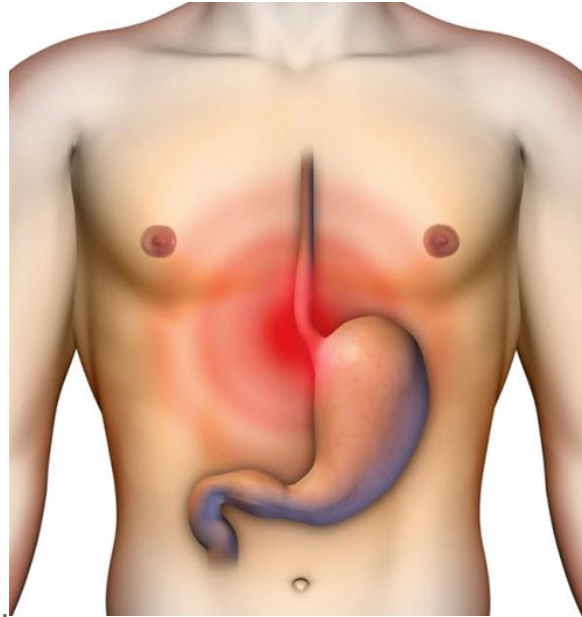
Despite its name, heartburn is not at all related to the heart. Some of the symptoms of heartburn are similar to those of a heart disease or heart attack that promotes us to resort to [home remedies for heart](#). Heartburn is an irritation or a painful burning feeling just behind or below the breastbone. It comes from the esophagus that is mainly caused by stomach acid. The pain usually rises in the chest from the stomach and can spread to the throat or neck. Acid reflux disease is a condition in which the stomach contents gradually leak backward from the stomach into the esophagus. This can cause chest pain, heartburn, and many other symptoms. If acid reflux signs happen more than thrice a week, one has acid reflux disease which is commonly known as gastroesophageal reflux disease (GERD).



### Causes of Heartburn and Acid Reflux

There are various causes of heartburn and acid reflux. Here we have jotted down a few common causes.

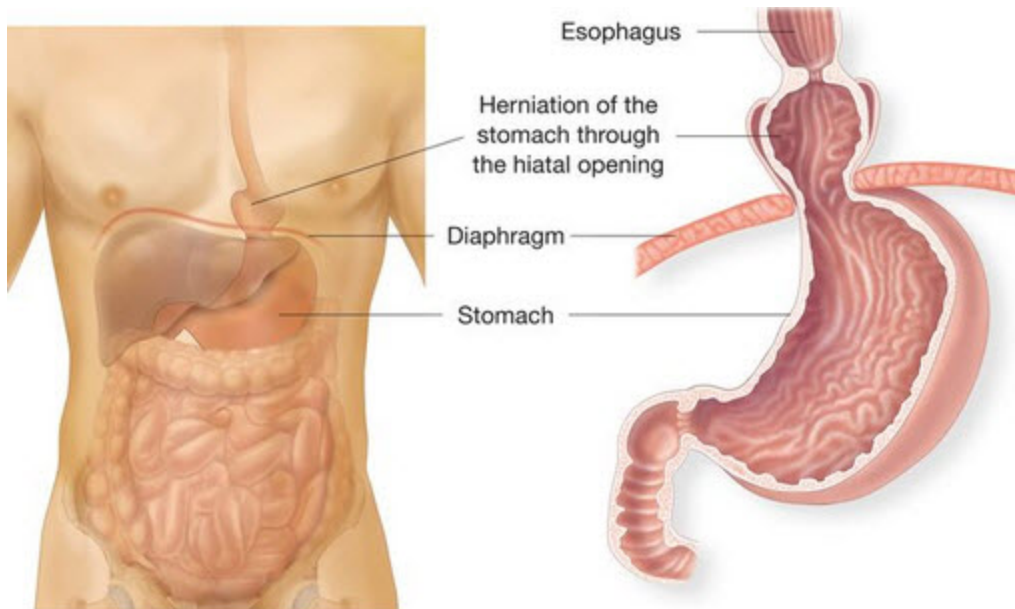
- **Stomach abnormalities:** One of the main causes of acid reflux disease is a stomach abnormality commonly known as hiatal hernia, which can occur in men and women of any age. A hiatal hernia usually happens when the upper part of LES and the stomach move the diaphragm



- **Pregnancy:** Most women experience acid reflux during pregnancy. This is mainly caused by enhanced levels of hormones combined with excessive pressure from the growing fetus.
- **Acid reflux foods.** Eating large meals can trigger heartburn or other symptoms of acidity, like trouble swallowing or a dry cough. Acid reflux is one of the main disadvantages of coffee as well. These are some of the acid reflux foods that trigger the symptoms: alcohol, chocolate, carbonated beverages, coffee, orange, lemons, garlic, mint, onions, and tomato.
- **Smoking.** Smoking can contribute to acid reflux disease by doing any of the following:
  - Impairing muscle reflexes in the throat
  - Reducing LES muscle function
  - Damaging mucus membranes
  - Increasing acid secretion
  - Reducing salivation, which neutralizes the effect of acid

## Home Remedies for Heartburn and Acid Reflux

Heartburn and acid reflux are very common and very unpleasant. It's triggered when the stomach acid slowly backs up into the esophagus. It can make one feel as though someone has lit a small bonfire in one's chest, and it's burning its way up to one's neck.



You're probably well aware that some effective medications help calm the irritations of the burn, but natural home remedies for reflux along with a [balanced diet chart](#) and proper lifestyle changes can be an alternative way to get relief.

## Baking Soda

This is the most effective natural home remedy for heartburn that shows effect instantly. A spoonful of sodium bicarbonate can help put an end to the burning, gnawing, sensation of the heartburn mainly caused by acid reflux. Baking soda is commonly known as sodium bicarbonate, can help one's reflux and in turn help one's heartburn because it is the base substance. It has a pH higher than 7 and therefore naturally neutralizes the stomach acid.



Neutralizing the stomach acid means that when acid comes up your throat, and your LES decides to be lazy, you don't get "burned " at all. Baking soda effectively removes stains caused by cigarette,

coffee, tea and other things. Baking soda is an important beauty ingredient that works as a [natural remedy for pimple](#) and acne and also reduces body odor.

**You will need**

- Two teaspoons of baking soda
- A glass of fresh water

Mix two teaspoons of baking soda into a glass of water that is no more than 9 ounces. Give it a great stir and drink all of the mixture. You can repeat this remedy as required but must not exceed seven ½ teaspoon doses in a 24 hour period. Try avoiding using this remedy for more than a week straight, as it is extremely high in salt and may have side effects like nausea or swelling.

## Aloe Vera

This is one of the rarely known acid reflux home remedies that have powerful effect in soothing inflammation. The use of [aloe vera hair mask](#) for soft, smooth hair is well known and aloe vera gel is also used to soothe the burns. Men and women sometimes think of utilizing it to help something like sunburn, it can effectively do more than that. It is able to help with heartburn too as it lowers inflammation. This means when your tummy starts getting inflamed and irritated, or your esophagus is getting eaten away at, a glass of aloe vera juice may be the most appropriate thing to help calm it down.



The yellow substance found under the skin of the aloe vera plant helps to lower the problems of irregular periods. It promotes menstruation and also increases fertility among women. Aloe Vera gel can be utilized to heal wounds, and it contains in it the plant collagen which immensely helps to repair the skin. Aloe vera is rich in amino acids, salicylic acid, folic acid, Vitamin B12, Vitamin A, Vitamin E and Vitamin C.

**You will need**

- 2 cup aloe vera juice

- Drink 2 cup of aloe vera juice, room temperature or cool, before meals. Keep in mind that aloe vera can act as a laxative, so if you are not looking to run to the loo throughout the day, definitely look for a good brand that has the laxative component removed.

## Chewing Gum

Chewing a gum is by far the easiest treatment for acid reflux. The Journal of Dental Research Academy conducted a study that showed men and women with symptoms of gastroesophageal reflux disease or chronic heartburn, experienced a quick relief when they chewed a small piece of sugar-free gum for about 20-25 minutes after the lunch. This is because the chewing gum stimulates the salivary glands and enhances the flow of saliva. It also reduces cases of flatulence and [bloating abs](#).



Any acid that has made up in the gut is washed away, diluted or cleared out more rapidly. The clearance of the acid then improves the signs of gastroesophageal reflux disease. It is possible that the same school of thought can be effectively applied to occasional heartburn as well. It's our regular saliva that we swallow every time and that makes normal bouts of reflux here and there absolutely painless.

### **You will need**

- 1 piece of sugar-free gum
- After the meal, pop in a piece of sugar-free gum and chew for 20-25 minutes to help ward off acidity and heartburn.

## Chin Up (and don't lie down)

Usually, Heartburn gets worse at night, thanks to the fact that you are lying down when you sleep. Gravity acts against you, and it's simpler for the newly digested contents of your stomach to back up into the esophagus along with the acid. Try elevating your head about 5 inches when you peacefully



sleep by placing books or small blocks under the two legs at the head of the bed. This the best cure for heartburn without medicines or herbal remedies.



You could also try a wedge-shaped small pillow under the mattress, but don't just pile up extra pillows as it's simple to slip off of them during the night. Don't lie down within 4-5 hours after eating, as lying down with a full stomach makes the stomach contents press harder against the lower esophageal sphincter.

## Apple or Banana

Both apples and bananas are considered important [fruits for glowing skin](#), but they are also useful as effective home remedies to get rid of heartburn. Bananas contain natural antacids that can work as a buffer against acid reflux. If you want to try out the easiest home remedies for the heartburn first, try letting a few bananas ripen up completely and eating one every day. Another option is to try an apple every day. Slice one up and regularly eat it a few hours before bedtime to prevent or relieve discomfort.

Apple is a good source of potassium, phosphorous, zinc, calcium, iron, copper, manganese, sodium, Vitamin A, Vitamin C, Vitamin K, Vitamin E, thiamine, folate, pantothenic acid, niacin, riboflavin and pectin.



Apple is a great post-workout food and a fantastic source of electrolytes, carbs, and fiber. Its skin contains many phytonutrients that the human body immensely needs. Apples make it simpler for the liver to handle the load of toxins during the cleansing process. The presence of antioxidants like Vitamin C in apples helps to abolish free radicals that can damage the cell.

Apple prevents cancer, stroke, diarrhea and it also boosts the [immune power](#)

. Banana is the outstanding source of Vitamin A, C and E, natural oils, carbohydrates, potassium, zinc, and iron. Bananas help improve the natural elasticity of hair and in that way it also prevents split ends. Bananas cure hangovers, protect against kidney cancer, diabetes, lower depressions, relieve morning sickness and osteoporosis.

## Gingerroot Tea

It is known that [ginger tea benefits weight loss](#) significantly and is used a potent home remedy, but it also helps in relieving acid reflux and heartburn. Gingerroot can help ease up a number of gastric reflux symptoms, stomach woes and nausea. Sipping a cup of the fresh gingerroot tea about 15 minutes before a meal can help calm down your tummy and work as an acid buffer.



**You will need**

- -2 quarter sized slices of gingerroot
- -1/2 cups of water

Slice up two-quarter sized pieces of gingerroot and simmer gently in 1/2 cups of water, covered, for about 25 minutes. Remove the small ginger pieces, or leave them in, pour into a nice glass and drink all of it about 15 minutes before a meal.

These natural home remedies for indigestion and heartburn are immensely effective in treating the associated symptoms. Do you have any remedies other than these? Then come forward and share them with us in the comments section below.

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