

GERD

Gastro-Esophageal Reflux Disease

Acid Reflux - Basics

- Reflux of gastric contents into esophagus
- Caused by loose sphincter (valve) between esophagus and stomach
- Triggered usually by specific foods or body positions
- Frequent acid reflux can cause narrowing of the esophagus, difficulty swallowing, and bleeding from the esophagus
- Chronic acid reflux can lead to inflammation of esophagus and, over a long period of time, to esophageal cancer

Symptoms

- Heartburn and regurgitation that sometimes travels up into throat
- Pain in the mid-chest area (behind breastbone)
- Discomfort in swallowing, cough, hoarseness



Prevention strategies

- Avoid triggers, such as smoking, carbonated drinks, fried or fatty foods, large meals, alcohol, caffeine, chocolate, mints.
- Avoid lying down within an hour after eating.
- Avoid processed foods and sugars which create an imbalance in your digestive microbiome and promote the growth of harmful microbes.
- Incorporate probiotic-rich fermented foods, such as sauerkraut or cabbage juice and unfiltered apple cider vinegar which are strong stimulants of stomach acid and provide bacteria needed to balance and nourish the gut.
- Use of a dietary supplement containing melatonin, L-tryptophan, vitamin B6, B12, folic acid, methionine and betaine was found to reduce acid reflux in all patients after forty days of treatment.