

## Acid Reflux and Indigestion: Overview

Do you suffer from persistent heartburn? Are you sometimes left with a foul taste in your mouth after dinner? Have you been suffering from persistent nausea? You may be suffering from acid reflux.

There are many symptoms and signs that go along with indigestion and, more specifically, acid reflux disease. You can research the condition and its treatments yourself, and you'll find a wealth of information on the Internet. However, your best source of information for acid reflux and indigestion is your doctor.

### Acid Reflux

This condition causes the fluids from your stomach to be regurgitated into your esophagus. Acid reflux is known medically as gastro esophageal reflux disease, or GERD for short. People who suffer from acid reflux will experience a burning sensation in the throat, a very nasty taste in the mouth, and more unpleasant symptoms. The processes and effects associated with GERD can be very harmful.

Although many people simply choose to endure the unpleasant effects, there are health matters that can become more complicated in cases where acid reflux has been a concern for longer periods of time. Erosion of the esophagus is one of these possible complications. This can lead to a serious condition known as Barrett's disease, or other problems with your esophagus. In addition, you may develop esophagitis, a condition in which the esophagus remains corroded and fails to heal.

Acid reflux is uncomfortable, but it can and should be treated. If you choose not to treat it, the condition will not just "go away", and it may actually become much worse. See your doctor and take your medication as directed to control your symptoms and prevent further complications.

### Indigestion

Indigestion is often grouped into the same category with acid reflux, however there are several important differences. Those with indigestion may also suffer from acid reflux, but will also experience different symptoms. Indigestion is often seen as being a milder form of acid reflux.

Some of the common symptoms experienced by those with indigestion are gassy episodes, neck and chest discomfort and nausea. While the symptoms may feel similar, the causes are often very different. Poor eating habits are the most common causes of indigestion. When people eat too quickly, they're not giving their food enough time to travel through the digestive system after each bite. Remember what your mother told you: chew each bite twenty times before swallowing. You can be surprised at how quickly your indigestion symptoms can disappear. Eating too much at one time is another reason that many people suffer from indigestion. If you tend to overeat, you will likely develop indigestion. Try eating half as much at mealtime, and see if your symptoms subside or simply go away.

Both acid reflux and indigestion are bothersome conditions that can negatively affect your life. The good news, however, is that symptoms of both ailments can be easily treated through medication or simply lifestyle changes.