

The negative side effects of acid blockers

Chapter 01: What are acid blockers?

Acid blockers, or antacids, are an over-the-counter drug to treat acid reflux. They work by neutralizing your stomach acid, and are one of the most commonly bought medicines. When you take them frequently, the problem is that they suppress reflux symptoms and don't target the root cause. It's a quick-fix solution.

Chapter 02: Side effects

In some cases, acid blockers can even worsen the symptoms of maldigestion and acid reflux. These can include bloating, constipation and diarrhea. Some types of medication contain sodium, which causes water retention. Also the amount of calcium in some varieties can increase the risk of kidney

diseases. Some contain aluminum, while others contain magnesium hydroxide, which can cause diarrhea. If you take antacid constantly, and have frequent diarrhea, then you won't have normal digestion. So it's very important to understand the components of the acid blocker.

You can become quite dependent on them – not addicted, but it's an easy way to ease symptoms if you want to continue eating a lot of food and not making any lifestyle changes. Sometimes it gets so bad that antacids don't even work for you anymore, and painful surgery is needed to tighten the esophagus valve in order to close it. Suffering from regular reflux reduces the quality of your life, so it's worth addressing the root cause of the problem so that you don't need to resort to drastic measures like surgery.

Chapter 03: Lifestyle modifications

Natural remedies for reflux include drinking chamomile or ginger root tea, taking fermented papaya supplements, and sleeping with your upper body in an elevated position with extra pillows.

But making long-term lifestyle changes is what's really going to combat reflux altogether. This means eating lighter meals early in the evening, making sure you stop eating at least three hours before bedtime. Reducing fried foods and alcohol will also help, and generally maintaining a diet that is low in fat and sugar. And trying to always avoid a meal that combines fat, sugar and alcohol all at once, which is like setting off a reflux bomb.