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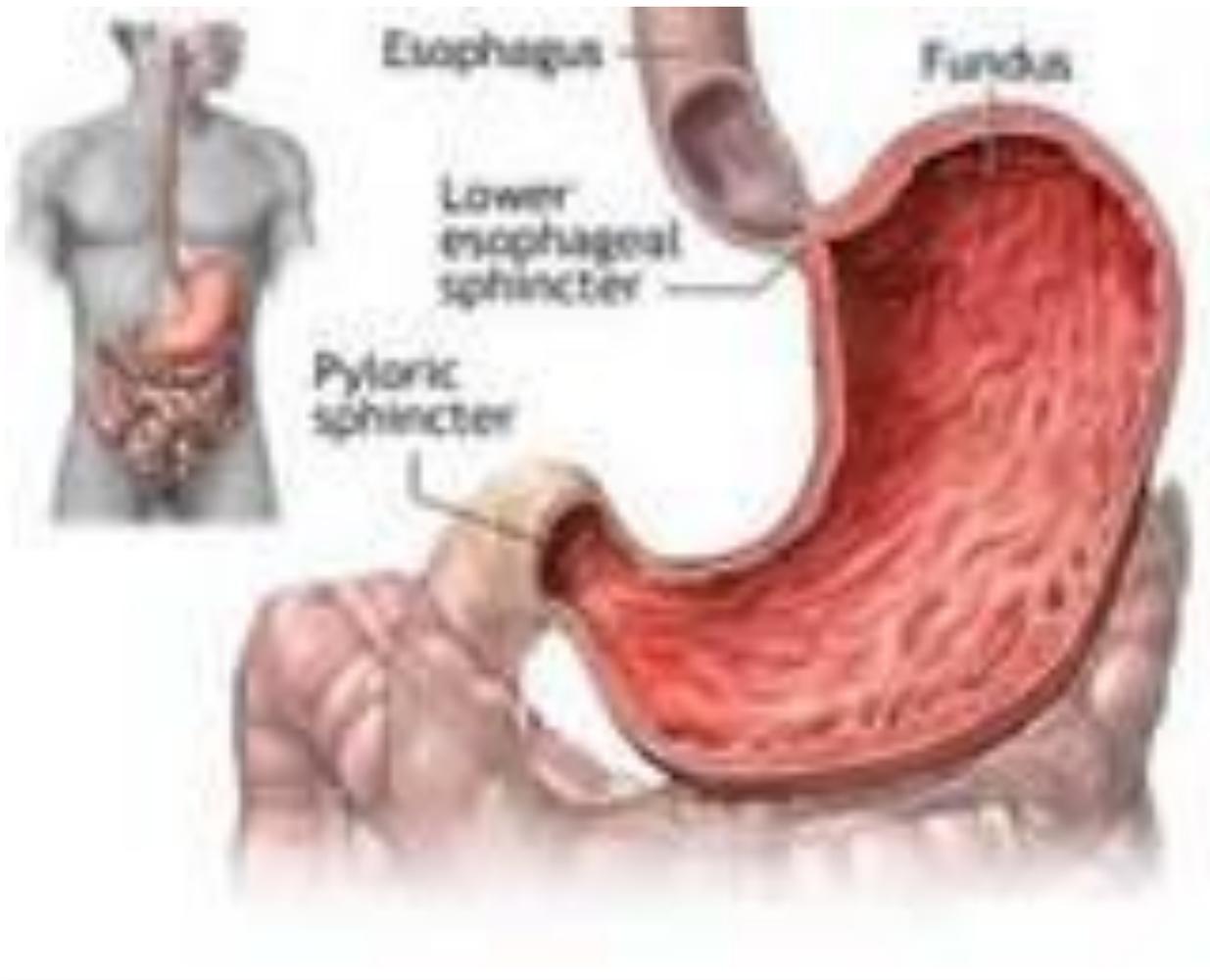
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# [FINDING COMFORT IN ACID REFLUX]

A paper on the symptoms of acid reflux as well as a guide to comforting it. This will provide an informative biochemical and organic description on the chemicals that can be used to treat acid reflux disease.

## WHAT IS ACID REFLUX?

Acid reflux is a disease that when you eat oily foods or junk foods, it can trouble your stomach and cause bile and acid to flow and burn in your stomach. This will provide an unusual amount of discomfort and pain known as heart burn. It will also cause symptoms such as diarrhea, bad breath, nausea, throat pain, and gas.



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Examples of oily foods:

1. Nachos
  - 1.1. Can cause upset stomach
  - 1.2. Can cause diarrhea
2. Ribs

- 2.1. Causes pain in bile
- 2.2. Stores fatty cells and leads to painful indigestion
- 3. Hot Wings
  - 3.1. Causes diarrhea
  - 3.2. Can speed up acid reflux
  - 3.3. Can lead to bad breath
  - 3.4. Can cause painful bowl movements
- 4. Asian Foods such as Indian Cuisine or Korean Barbeque
  - 4.1. Causes painful bowl movements
  - 4.2. Speeds up acid reflux
- 5. Burgers
  - 5.1. Speeds Acid Reflux
  - 5.2. Causes Bad Breath



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STOPPING ACID REFLUX

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**Acid reflux can be stopped by eating healthier choices like instead of a hamburger eat a turkey burger, or instead of bacon that comes from pigs, eat turkey bacon. The healthier you eat, the less likely you can have acid reflux. There are also some remedies to acid reflux such as:**

1. Carbonated Juices
  - 1.1.Stops bad breath
  - 1.2.Slows down painful indigestions



2. Cooking with apple cider vinegar
  - 2.1.Stops constipation
    - 2.1.1. Can slow down painful stomach contractions
3. Drinking Soda
  - 3.1.Many people don't know this but drinking soda actually speeds up digestion through the esophagus and causes less pain in acid reflux.



1. Also available are many pills that can slow down the process or acid reflux.



## Sources:

1. Champion, Gregory, et al. "Duodenogastroesophageal reflux: relationship to pH and importance in Barrett's esophagus." *Gastroenterology* 107.3 (1994): 747.
  2. Vela, Marcelo F., et al. "Simultaneous intraesophageal impedance and pH measurement of acid and nonacid gastroesophageal reflux: effect of omeprazole." *GASTROENTEROLOGY-BALTIMORE THEN PHILADELPHIA*-120.7 (2001): 1599-1606.
  3. European Patent Office# 1401423
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