Natural Heartburn Remedy For Instant Relief

Categories: General, Health/Fitness

Stress, exhaustion, anxiety, long working hours, poor eating habits (often as a result of the previous three things!) and modern life in general is leading to skyrocketing numbers of people suffering from heartburn (acid reflux/GERD). Usually people experiencing heartburn will reach for tablets, usually some kind of acid reducers, neutralizers or acid blockers...

If you are tired of popping heartburn pills, or you don't find them effective, I have a different option, an all natural option! I can't promise it will work for everyone, but then neither can any medicine manufacture promise their medicine will either. Give it a go, it may work for you and make a world of difference. It couldn't be easier to try and you've not got a lot to lose. **Note:** *If you are on prescription medicines for heartburn/acid reflux or any other digestive tract condition, talk to your doctor first before trying this.*

Natural Heartburn Remedy Instructions
You will need some apple cider vinegar (Braggs) and some water. Filtered water is best, but cooled boiled water will do in a pinch.

Mix 2 teaspoons of apple cider vinegar into 1/2 a cup of the water and drink as soon as you notice heartburn symptoms. This should ease the burning within a few minutes, but if your heartburn is particularly bad, you can repeat the serving again ten minutes later, but most of the time one serving does the trick.

The theory is that many people who experience symptoms of heartburn do so due to a lack of acid (I know, go figure), or weak acid in the stomach. For these people correcting the imbalance with some apple cider vinegar can give almost instant relief and relieves the symptoms. Try it, if it works, awesome! If not, at least you gave a natural remedy a go.

(Image from: merri)