Heartburn is uncomfortable at best and very painful at worst. There are plenty of medicines at the pharmacy to treat the symptoms of heartburn, but there are two issues with these, firstly none of them address the cause of heartburn, they just treat the symptoms. Secondly they seem to be getting more and more expensive. Any medicine which has multi-million dollar marketing campaigns worries me.

Below is a list of 12 natural home remedies - some of them help prevent heartburn to begin with and some help ease the discomfort and pain associated with the heartburn.

Top 12 Natural Home Remedies For Heartburn

(Photo from: Herbs Info)