

Chinese Medicine and Acid Reflux

General acid reflux symptoms:

- Heartburn (burning sensation going up from the stomach/lower chest to the throat)
 - Regurgitating food back into your mouth
 - Pain in your chest
 - Swallowing difficulties
 - Hoarse voice, tooth erosion and asthma (caused by acid going into the lungs, mouth and throat)
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In Chinese Medicine there are three types of acid reflux.

Type 1 (*Liver overacting on Stomach*)

- Symptoms worse with stress
- Irritability
- Distension and bloating in your stomach
- Pain in your ribs/flanks
- Belching and nausea
- Possibly headaches in your temples

Type 2 (*Stomach Heat*)

- Burning sensation in your stomach
- Strong thirst and you want to drink cold fluids
- Strong and constant hunger
- Painful, swollen and/or bleeding gums
- Constipation (dry and hard stools)
- Nausea / vomiting after meals
- Your breath is bad

Type 3 (*Yin Deficiency*)

- Stomach pain
 - A mild thirst, usually for cool liquid (you probably only want to take small sips)
 - Dry mouth or throat
 - Feeling low grade fever
 - Your cheeks flush
 - Possible hot flashes
 - Night sweats
 - A sensation of heat in your palms, soles of your feet and chest
 - Constipation (dry stools)
 - Less appetite
 - Full feeling after meals
 - Most of this happens late in the day or into the evening, and gets worse later into the night
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In Chinese Medicine there are three types of acid reflux.

1st Cause Of Acid Reflux

Wrong eating habits (mostly how you eat, more than what you eat).

- Eating late at night
- Eating in a hurry
- Overeating
- Eating while stressed, including activities like:
 - Arguing while eating
 - Talking about work while eating
 - Eating while driving (I'll bet you've done that, haven't you?)
 - Engaging in stressful work just after eating

This type of acid reflux (*Yin Deficiency*) usually shows up with other symptoms like:

- Stomach pain
- A mild thirst, usually for cool liquid (you probably only want to take small sips)
- Dry mouth or throat
- Feeling low grade fever
- Your cheeks flush
- Possible hot flashes
- Night sweats
- A sensation of heat in your palms, soles of your feet and chest
- Constipation (dry stools)
- Less appetite
- Full feeling after meals
- Most of this happens late in the day or into the evening, and gets worse later into the night

2nd Cause Of Acid Reflux

Eating **too many** foods that add a lot of "**heat**" into your body (*Stomach Heat*)

- Peppers
- Garlic
- Curry
- Ginger
- Cardamom and other spices

Smoking also adds heat into your body and is one of the important acid reflux causes.

Eating too many raw vegetables, cold or iced drinks, dairy and alcohol cause other problems that are generally damaging to your digestion, too.

These acid reflux causes will often cause additional symptoms like:

- Burning sensation in your stomach
- Strong thirst and you want to drink cold fluids
- Strong and constant hunger
- Painful, swollen and/or bleeding gums
- Constipation (dry and hard stools)
- Nausea / vomiting after meals
- Your breath is bad

3rd Cause Of Acid Reflux (This is the most common type)

Excessive or long-term **emotional** upsets (*Liver overacting on Stomach*)

- Frustration
- Resentment
- Stress
- Anger
- Depression

These acid reflux causes will usually show up with these other symptoms:

- Irritability
- Distension and bloating in your stomach
- Pain in your ribs/flanks
- Belching and nausea
- Possibly headaches in your temples
- All these problems will get **worse with stress** *

Foods to avoid with acid reflux

- Acidic foods and drinks
- Alcohol
- Beer, wine and soda (beer is the worst)
- Chewing gum and hard candy
- Chicken, beef, milk, or cream-based soups (too much fat)
- Chocolate
- Citrus fruits and juices (especially grapefruit, orange, pineapple, tomato)
- Coffee (regular and decaffeinated)
- Cold cuts, sausage, bacon, fatty all animal or vegetable oils
- Creamed foods or soups
- Fast foods (usually too much fat)
- Fatty and fried foods
- Fatty meat, chicken fat/skin
- Garlic
- Milk
- Oils (animal and vegetable)
- Onions
- Peppermint and spearmint
- Peppers
- Smoking
- Sodas (both diet and regular)
- Spicy foods
- Tea (except for green)
- Tomato-based foods, like spaghetti sauce, chili, and pizza
- Tomatoes and tomato sauces

Those are the most well known foods to avoid with acid reflux.

To **get over** acid reflux once and for all, you must not only avoid these foods that irritate your problem. You **must** eliminate those foods (and other dietary habits) that *caused* the problem in the first place. Otherwise, you just continue to cause your acid reflux condition, and you'll never get over it.

Chinese Dietary Principles

Eat mostly:

- Fresh and lightly cooked vegetables (a big variety) - not raw
- Beans
- Whole grains (but little or no wheat). Eat less grains than vegetables
- Small amounts of animal protein (2 or 3 oz. per day). Think of it as a flavoring for your meals, rather than a main course
- Drink room temperature or warm water (alkaline water is best)
- Moderate use of spices like ginger, cinnamon, nutmeg and pepper are ordinarily beneficial, but in excess they create too much "heat" in your stomach, which is already a problem when you have acid reflux.

Everything else should be limited to **small amounts**, even fruit

All foods should be **natural**, not processed, and **organic** whenever possible (more for your overall health than specifically acid reflux).

General rules for eating healthy

- Eat your foods cooked and warm
- Eat very little "sweet" tasting food
- Avoid cold foods and drinks
- Eat little greasy or oily food
- Avoid alcohol
- Avoid dairy
- Avoid caffeine
- Avoid yeast
- Avoid boxed, packaged and processed foods
- Drink about a teacup of warm water or green tea with meals

Avoid:

- Eating late at night
- Eating in a hurry
- Overeating
- Eating while stressed