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LIFE

FEBRUARY 2017

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teas



Strengthen hair
Improve circulation
Heartburn strategies

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2017
**Heart Health
Contest**
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brew
health benefits

heartburn

What is it? That burning pain behind the breastbone, often accompanied by a bitter or sour taste. It usually develops after eating—especially overeating or indulging in certain foods.

What causes it? Stomach contents back up into the esophagus. Triggers include spicy foods, citrus fruits, onions, alcohol, caffeinated drinks, tomatoes, fatty foods. Going to bed with a full stomach is another risk factor, as is slow digestion.



Lifestyle: Eat slowly; maintain a healthy weight; de-stress with gentle exercise instead of alcohol or tobacco; drink herbal teas; avoid tight-fitting clothing.



Diet: Choose low-acid fruits and vegetables such as broccoli, asparagus, celery, bananas, and melons; whole-grain foods including breads, oatmeal, brown rice, and couscous; lean poultry and meats (not fried); potatoes and other root vegetables; and grilled, poached, or baked fish.



Herbal therapy: Chamomile is effective for soothing the digestive tract; try it in tea or a tincture. Also consider devil's claw and gentian root.



Homeopathy: Nux vomica is a go-to homeopathic treatment for digestive disorders, including heartburn. Arsenicum album, Phosphorus, and Pulsatilla may also ease heartburn pain.



Supplements: Plant-based enzymes are effective for heartburn (more than animal-based options), according to integrative medicine expert Jacob Teitelbaum, MD. He also recommends sea buckthorn oil and herbal licorice.

"Five Best Homeopathic Remedies for the Treatment of Heartburn . . ." by J.B. Bardot, www.NaturalNews.com, 11/22/12 • "Foods That Fight Heartburn" by R. Morgan Griffin; "Lifestyle Changes to Manage Heartburn," www.WebMD.com • "Heartburn" by Mayo Clinic Staff, www.MayoClinic.org, 8/7/14 • "Heartburn Symptoms," <http://my.ClevelandClinic.org>, 5/22/15 • *Herbal Therapy & Supplements* by Merrily A. Kuhn and David Winston (\$42.95, Wolters Kluwer, 2008)