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How to Deal with Heartburn: What You Need to Know to End Your Suffering

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How to Deal with Heartburn: What You Need to Know to End Your Suffering

What Is Heartburn?

Heartburn is something that most of us will deal with at some point in our lives. For most, it is something that we will face daily. Yet, taking the time to really understand what it is can help you to find out how to prevent this from happening to you and possibly help you to treat it if it does happen again. Most people think that it is something that will just go away; yet, it can worsen over time and believe it or not, can cause many health conditions. So, taking care of your heartburn now is the ideal way to go.

Heartburn is a burning sensation that you feel in your chest. It is actually in your esophagus and generally will be felt below your breastbone. What causes it is gastric acid that your system is regurgitating. That means that your body is having trouble keeping it down and it comes back up, to a point that causes this pain in your chest area. Sometimes the pain from heartburn will feel as if it is rising in the chest and your neck and your throat area may also be experiencing some of the pain.

The first thing to know about heartburn is what it is. In the simplest of terms, it is the acid that is caused by various things, mainly the foods that you eat. This acid is developed in the stomach but the problem arises when the acid begins to regurgitate up into your esophagus. You feel it as a pressure or even a burning sensation that is coming from your chest area up into your neck and throat. It is uncomfortable, but in some individuals it can be quite painful.

The pain that you experience with heartburn is irritating and can cause you to not sleep well at night or even worse, it may cause you to feel bad throughout the day. In any case, it is a serious condition that needs proper treatment from you and your doctor, especially when it is reoccurring. Did you know that heartburn can actually lead to other conditions? It can be the cause of your asthma or a chronic cough that you may have. These things can even worsen the quality of life that you have.

Yet, the question here is what can you do about it? Many people will resort to using over the counter medications and treatments to help them. This may work for some individuals, especially those that have a low amount of incidence (meaning that it does not happen often) but this is not the case for everyone. In fact, those that have chronic heartburn really do need to seek out the help of their doctor. If you have heartburn several times per week or more, you should talk to your doctor. You could be doing serious damage to your internal organs.

Heartburn is uncomfortable and it is something that you should seek out professional help for especially when it becomes constant. There is help for you.

Diagnosing Heartburn

You do not need your doctor to tell you that the burning sensation in your chest and up your neck is heartburn, but your doctor may want to rule out other conditions that are causing it. Nevertheless, having a diagnosis of heartburn will point you in the general idea of what needs to be done in order to treat your condition. Not everyone is going to have the same symptoms or the same level of intensity. Therefore, it is necessary to have a proper diagnosis of the heartburn before you head out and purchase medications for it.

There are several things that your doctor will do in order to diagnose your condition of heartburn. In some cases, though, gastroesophageal reflux disease, commonly known as heartburn, will be diagnosed by your doctor without doing anything but learning what your specific symptoms are. He or she may decide that your symptoms are enough for a diagnosis, but when this is not obvious, he may want to seek out the help of a few tests to determine what it really is.

- **PH monitoring:** This is one option that your doctor may decide to go with. To do this, a probe will be placed into your nose and down into your esophagus. The job of this probe is to determine the level of acid in the lower part of your esophagus. It may be left there for up to 24 hours to monitor your condition.
- **X-rays:** Your doctor may decide to go with some x-rays of your upper digestive system. This will help them to see what is happen quite clearly. They may use fluoroscopy to help them to monitor this in real time.
- **Endoscopy:** Here, a very small camera will be inserted down the esophagus to help in determining what is happening there. The doctor can actually see what is happening. Should there be inflammation happening there, the doctor can take a biopsy right away to help them to learn more.
- **Manometry:** In this test for heartburn, the doctor will use a manometer to measure the pressure in the area of the lower esophagus. This will help them to learn what is actually happening that is causing you pain.
- **Biopsy:** Finally, the biopsy of the esophagus will be taken. This is done especially if the doctor notices inflammation in the area during any of the other tests that he will perform. This will help the doctor to determine if you may have other problems, including cancers, in this area.

All of these tests can help you and your doctor to determine just what is happening to you and your body. Then, the proper decision can be made to treat it. When this is done, you can finally find some relief.

What to Do When You Experience Heartburn

For most individuals, heartburn is something that will be experienced at some point in their life if not more often. Heartburn is caused by the acids that the body produces. When you eat some specific types of foods, there are additional and more powerful acids that are produced. These acids travel up the esophagus and into the chest and throat. While traveling up, they can cause you pain. It can feel like pressure, pain or burning in your throat and chest area. In any case, heartburn is something that is uncomfortable at least and can be quite painful when it is very strong.

When you experience heartburn, you have consumed something that is causing the acid to be produced in the manner that it is. It is common for people to grab a hold of some of the over the counter medications that treat heartburn. The most common of these are antacids. They work by neutralizing the acids that are produced in the body so that you do not experience the pain that they are causing. These products will work in some individuals, usually those that experience heartburn on a minor level. Yet, for others, this is not enough help to them.

If you are one of the many individuals that experience heartburn several times per week or experience very intense levels of heartburn, you may not be able to treat this through these over the counter medications. Then, you should seek out the help of your doctor. Your doctor will likely prescribe other medications that will be more successful in treating your heartburn when it does happen. Your doctor may decide to do some tests on you that will help them to see what is causing your condition to be as intense as it is. These tests are quite simple and can be very effective in determining what your exact problem may be. Also, they will want to check to insure that you do not have an inflammation or other conditions happening in your internal organs.

You should also consider taking the time to find relief from your heartburn by monitoring your diet. Many times, specific foods are to blame for your heartburn. You may even know which ones they are. By not eating these foods or at least limiting the amount of times that you eat them, you can find yourself in a better health state.

When you experience heartburn, you should not think of it as a stomach ache that once it is gone for the night that all is well. Heartburn can and does do damage to your esophagus and the most times that it happens, the more damage that is done. Take your body seriously and talk to your doctor about treatment for your heartburn.

Is Heartburn Serious?

Your heartburn definitely causes you to be uncomfortable and you do not like it, but is it really serious? For many people, the thought is that it is just that, nothing to worry about. Yet, for many others, heartburn can be a serious health risk that you are facing. First of all, you should know what is causing your heartburn. In many cases, this will be a specific food group that causes it. Yet, for others, there may be underlying causes that are much worse than indigestion.

Anyone that is experiencing true heartburn for the first time over the age of 40 should contact their doctor immediately. What you think is heartburn may actually be the heart's pumping ability being decreased. This could lead to potentially fatal conditions if you do not take the time to get checked out by your doctor. Your doctor will make sure that your heartburn is just that, heartburn and make sure that you are not at risk for a heart attack.

What if you have had heartburn all of your life? If you think that this is something that you have had a long while, you may be in for a surprise as well. Consider the idea of heartburn in the first place. Acids are coming up from your stomach into your esophagus. They are literally burning and hurting your body. The pressure and pain that you feel is what this is. Yet, the more that this happens, the more the likelihood is that the heartburn is causing additional damage to your internal organs. In fact, in the worst case scenario, you could be developing cancerous conditions in this region of your body. In this case, you should seek a gastroenterologist as soon as you can.

To know how badly you are at risk, consider two things. Consider how long you have been suffering from chronic heartburn. This is heartburn that happens several times per week. Also, consider the level of intensity of the heartburn. Has it gotten worse? Or, is it so uncomfortable that you do not feel as if you can do the things you need to until it subsides? Determine how long the heartburn lasts as well.

While the majority of individuals that have heartburn do not have complications of having it, may do. Those that do need find themselves in the above conditions should take the time to talk with their doctor about them. It is quite important for you to insure that your doctor is aware of your continued heartburn symptoms. You should also try to refrain from eating foods that cause heartburn because you could be doing further damage. Getting help for heartburn is like getting help for a broken arm. You just need to do it.

When to Get Help for Heartburn

Heartburn is a condition that many people do not think twice about. They simply go ahead and take a few pills and then call it done. Yet, there is a lot to think about when it comes to this condition, including your health. Knowing when to seek out help for your heartburn is the most important aspect that you should consider.

When to Get Help

When it comes to seeking help for your heartburn, though, you should know what the key ingredients are that need to be looked by a professional.

- If you have never had any type of heartburn before, or, you have never had heartburn that was this intense, you should seek out the help of your doctor. This is especially true of individuals that are over the age of 40. Here, it may not actually be heartburn that you are

facing. It may be a decreased amount of blood reaching your heart. This is called angina and can be fatal if it causes a heart attack. You should definitely call your doctor immediately here.

- If you have suffered from chronic heartburn, you may need to seek out the help of your doctor as well. Chronic is defined as happening several times per week on a regular basis. Heartburn that happens this often may be nothing in itself but it can do a great deal of damage to your internal organs. Also, in some rare cases, heartburn may be a side effect of cancers in the esophagus area.

When heartburn gets to the point where it is not comfortable for you anymore, you should contact and work with your doctor. Over the counter medications only work for some individuals. Yet, there is help for heartburn nonetheless from your doctor.

Heartburn Treatment Options

Finding the right heartburn treatment can be rather hard to do. Many people find that with so many things out there on the market that claim to be the way to stop their heartburn that it is overwhelming to find the answers to their needs. Yet, many individuals find that they can successfully find the answers that they need to their problem through really knowing what the products are and what they can actually do for you. There are several things that you can do as a treatment for your heartburn.

- **Prevention:** The most important thing to do is to stop your heartburn from coming back. To do this, there are several things that you can do. For example, you can stop eating certain foods that cause this to happen to you. Or, you can limit the amount of them that you eat. If you know that it generally happens to you when you lay down, then try not to eat these foods when you are heading to bed. Prop your head and shoulders up with pillows to keep it from happening.

- **Antacids:** These are some of the most commonly taken medications for heartburn. Generally speaking they can work well for you if you are not taking them every day. They would for about 30% of the heartburn patients out there. Again, those that have infrequent or mild cases of heartburn will get the most benefit here.

- **Proton-pump inhibitors:** This is a type of medication that may work for many more people than antacids. Actually, those that find no relief from antacids may find it here. These help to block the acid from being made and can provide for relief of the acid that is already building.

- **Diet:** Your diet is probably what is causing you to have heartburn. This is the case for 95 out of 100 patients. Most people can even tell you what foods it is that cause them to have heartburn. Some foods may provide for a higher level of heartburn than others out there. Restricting yourself from those foods that cause major amounts of heartburn is necessary.

Because heartburn can cause other health conditions, such as asthma, it is important that you do whatever you can to stop them from happening. When you feel that you have tried everything and nothing has helped you, consider taking the time to speak with your family doctor. They can help you to know what exactly is happening and triggering the heartburn in your body. Then, you can find the best solution and treatment option for your heartburn.

Heartburn Medications

Heartburn medications are one method of treating your heartburn. With so many people facing various levels of heartburn, it is important that you seek out your doctor's guidance especially when your heartburn is more than just mild. If you have heartburn on a constant basis, this may be doing serious damage to your body and you should seek out the necessary help right away from your doctor. Yet, for many, heartburn is not something that happens on a constant basis. And, some will find help through heartburn medications.

There are several types of medications that can be used to treat heartburn. Many of the most basic forms are available for over the counter purchases. If you are looking for treatment for mild to moderate heartburn, these may be able to help you. If your heartburn is more intense, to the point that it causes your quality of life to be affected, seeking out the help of your family doctor can help you to get prescription quality medications for your heartburn treatment. In either form, your medication may work for you.

There are several types of medications for heartburn. Each offers its own abilities to treat your condition. Most fall within two main categories, though.

- **Antacids**: These are probably the most commonly purchased medications for the treatment of heartburn. They are usually purchased over the counter, but do come in some prescription strength formulas. They are effective for about 30 percent of the people that take them. They work by blocking the acid that is being made in the body. Antacids work for many individuals that suffer from milder forms of heartburn. These are usually easy to take tablets and are encouraged to be taken before and after a meal.
- **Proton Pump Inhibitors**: This is a more advanced type of medication for the treatment of heartburn. It will allow you to find relief from heartburn because it works for many individuals that do not respond well to the antacid types of medications. This type of heartburn medication is commonly used to block the production of acid within the stomach's cells. It helps to stop the body from producing the acids that are causing your heartburn in the first place. Because it does this, it is more likely to provide for relief. It will actually control the pH levels in the stomach area and then helps the body to digest the acids that would cause your heartburn otherwise.

Of course, the best medication for heartburn is prevention. By not eating the foods that cause your heartburn, you can avoid this painful sensation from attacking you. Your doctor can help you to find results for your condition especially when you have found that over the counter medications are not working for you.

How to Prevent Heartburn

Heartburn is a powerful sensation. It is a painful feeling of heat and pain that runs from your chest area up into your neck and into your throat. It is not comfortable. It can even be quite painful for many people. Yet, those that feel heartburn on a daily basis may be taking a wide range of medications in the hopes that something may make it stop hurting. Most of the time, it is not the medication that is going to stop you from getting heartburn. Instead, you need to realize that you need to stop heartburn through prevention.

Medications that are on the market for heartburn are not meant to stop your condition from happening. In fact, they are used to treat the symptoms and the pain of heartburn after it is already happening to you. Other medications can be taken in the hopes of prevention, but this is by far not the most common types of medications taken. So, while you may need to use them to treat the heartburn that you have, prevention of future outbreaks is up to you.

Diet and Heartburn

95 people out of 100 will tell you that they know what triggers their heartburn. They know what foods it is that are making the heartburn happen. For many, it may be spicy foods or foods that have a lot of oils in them. These foods work as a trigger to the body and the body just produces the acid that will eventually become heartburn in your body. If you are not sure what foods will be causing this for you, take notes of the foods that you eat before you are getting the heartburn. Keep a diary for a few weeks to see what foods it is that are triggering your outbreaks. Then, you can easily prevent it from happening again.

Preventing heartburn does mean that you should eat less of the foods that cause heartburn in your body. You should also take note of the things that cause more painful heartburn. Some people will have specific foods that they just should not eat as these will cause an excessive level of heartburn in their body. For other foods, it may not be as bad. These foods may be eaten in moderation.

Many people experience heartburn at night time. Generally speaking, this is caused by the consumption of acid producing foods prior to laying down. When you eat things that cause heartburn for you and then lay down, you are making the acid's job of climbing up your esophagus much easier. Therefore, this type of heartburn may be even worse. To prevent this, do not consume these foods for several hours prior to going to bed.

Prevention of heartburn is the best medicine for it. When you can not get relief from it, consider talking to your doctor. He or she may prescribe for you medications that can help to heal the damage in your body that the acid has caused. They can help you to pinpoint just what is causing your heartburn as well. Heartburn can be prevented, when you take the time to understand it.

Making Diet Changes to Prevent Heartburn

You do not want to give up your favorite foods so that your body will be happy. But, if you are experiencing heartburn, you should carefully consider doing just that. If you do not, you are likely to not be able to control your body's war path against you and you may find that your body is in serious physical shape. There are many things that you can do to help in the treatment of heartburn. You can spend thousands of dollars each year on over the counter medications that will help you to get some relief from the conditions of heartburn, but the fact remains that the best thing for you to do is to alter your diet to stop having to deal with heartburn in the first place.

Most people will know what foods or food products cause them heartburn. It may be the spicy Mexican food that you eat once a week or it may be the greasy foods that you get at your local drive thru. If you do not know what is causing your heartburn, or are unsure, you can and should take the time to determine what it is. To do this, track the foods that you eat each day for at least a week, but several weeks is a better choice. Write down the foods that you eat and when your heartburn occurs. For many people, there will be a common factor that is causing their heartburning including spices and specific foods. If you can pare it down to what specifically is causing your heartburn, you can better manage your diet to avoid heartburn.

Once you know what foods you are having problems with, you can make adjustments to your diet to keep these foods out of them. You can also determine, in the same manner, which foods are causing your heartburn to be the worst. By far these foods should be removed from your diet. There is little reason to keep foods that cause this much pain to remain in your diet, no matter how much you may like them. For those foods that do not cause a large amount of heartburn, you may be thinking that it is tolerable enough to eat these foods. Still, you should limit the amount of times that you eat them.

Remember, these foods are causing acids to build up in the body. The acids not only cause you pain and that uncomfortable feeling but they also cause damage to your internal organs. By monitoring your diet, you can better take control of the heartburn that you are experiencing.

Choosing the Right Treatment for Heartburn

If you are a person that suffers from heartburn, there are several things that you can do to get some relief from the pain and burning sensation that you feel. There are several options, but it is important to consider prevention as an option as well. In total, heartburn affects millions of people each and every day. Many of these people reach for medications that can be purchased over the counter. Yet, this may not be enough.

Choosing the right treatment options for your heartburn will start when you consider the options that you have to choose from. First, you need to know what is it that causes your heartburn. Most people already know this simply because they know that if they eat spicy food they are going to experience heartburn. For others, though, this is not as easy to see. There may be specific things that trigger your heartburn as well. If you do not know what they are,

take the time to track the foods that you eat before you get heartburn and the foods that you eat that do not seem to cause it. This way, you will be able to see a pattern in the heartburn occurrence.

Of course, the best course of action is to use prevention as a method to stopping the heartburn. To do this, you would simply limit the type of foods that you are eating that have the tendency to cause heartburn in you. This is the best way to control the heartburn that you face. Remember, that is more than just pain in some cases. Your body is telling you that your heartburn is causing inflammations (or worse conditions) and to stop it from happening.

When you do experience heartburn, though, consider over the counter medications. These range in what they do and what they offer. About 25 -30% of those that take these heartburn treatments will have success. If these do not work for you, talk to your family doctor about your concern. He is likely to tell you to stop eating the foods that cause it, but he is also likely to offer you a medication that can actually stop the acid from being made in the body. While it will be produced, it will be done in a much lower amount so as to prevent heartburn.

The best medicine for your heartburn is prevention. But, when it happens anyway, you should consider these medications and treatments. They are the most likely solution to your specific problem.

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