

GERD Risk factors That You Need To Take Account Of

Discover in this article what risks may lie in wait for you with this illness :

The common factor in GERD (gastroesophageal reflux disease) is the weakening of the lower esophageal sphincter muscle. The other common symptom linked with GERD is heartburn. Many further different factors may be involved. These include being asthmatic, overweight, diabetic, pregnant, tardy emptying of stomach contents, connective tissue disorders and hiatus hernias.

Here are some other factors that contribute to the dangers:

GERD can happen when this protrusion of the stomach is big enough to affect the lower esophageal sphincter muscle. This is the result of a hernia that may be hiatal or diaphragmatic in nature, where part of the stomach distends beyond its normal dimensions to invade the lower chest. Stomach juices flow back into the esophageal channel, resulting in serious heartburn.

Being overweight can also increase pressure on the lower esophageal sphincter causing problems and pushing stomach matter back into the esophageal cavity where it creates heartburn. GERD can therefore also be the result of excessive body weight. To avoid GERD, lose extra and undesirable pounds. These excess pounds pressure the stomach as well as the diaphragm that lies between the stomach and the abdomen.

Risk factors from lifestyle and bad diet habits :

Lifestyle and diet habits can also have a negative effect. Smoking or drinking or indeed eating to excess will put you in danger of GERD.

Asthma is also indirectly involved because the medicaments that act to widen the air path also dilate the muscle of the lower esophageal sphincter muscle. This is what allows gastric juices to flow back to the esophagus. There is also the suggestion that excessive coughing and related breathing problems from asthma also put extra pressure on the stomach and increase the danger of GERD.

The risk is further compounded by the fact that pregnancy boosts production of progesterone, a hormone that acts to relax several muscles, among them the muscle of the lower esophageal sphincter. Pregnancy also puts extra pressure on the stomach. Pregnant women therefore may be at considerably more risk from GERD.

Getting to the Heart of the Matter with GERD:

This is where holistic solutions are much better adapted for results, as they focus in the true causes to arrest or even banish GERD. Although classical medicine attempts to treat GERD, any lasting benefit only comes with a holistic program. Conventional drugs unfortunately do nothing but target the symptoms, without resolving any of the basic, causal elements.

GERD is a complex condition and the causes are also multiple, including diet habits, lifestyle, genetically inherited characteristics and even candida infections. Taking a holistic approach is therefore important to treat the body as a whole. This is why the holistic cures work so much better to eliminate GERD.

About the Author

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