



**STOP
ACID REFLUX
NOW!**

The 'Stop Acid Reflux Now' Survey 2007

*Helping Us All Gain A Greater
Understanding Of Acid Reflux,
Heartburn & GERD.*

Kathryn Whittaker

A survey by Acid Reflux Sufferers for Acid Reflux Sufferers

Discover the remedies other sufferers recommend, what lifestyle changes help...

And the trigger foods to avoid.

Disclaimer: All material in this report is provided for information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of the survey findings. Instead readers should consult their physician or other qualified health professionals on any matter relating to health and well-being. Readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions. Reference herein to any specific commercial product, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation, or favoring by the publisher.

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Survey Summary

An invitation to complete The Stop Acid Reflux Now Survey 2007 was sent to a total of 8979 newsletter subscribers in August 2007. However, of these people only around 1830 are thought to be 'active' readers based on email newsletter opening rates.

The survey ran between the 15th August and the 23rd August 2007 and a total of 342 people completed the survey, which is 3.8% of the total number of people, but 18.6% of the estimated 'active' group.

The aim of the survey was to identify the respondents' experience with Acid Reflux, their thoughts on products, both medical and alternative, treatments, remedies and what their overwhelming area of concern was.

The high level summary of all the results are:

The respondents were mainly women aged 50 and over.

Heartburn is the most common symptoms followed by regurgitation and coughing / wheezing with symptoms most often occurring during or after eating and at nighttime when lying down. Bending down also causes problems for over a third of respondents.

Nearly 33% of respondents have had some form of Acid Reflux related medical procedure with Endoscopy being the most common procedure experienced.

With the exceptions of Proton Pump Inhibitors (PPI's) Acid Reflux medication was not rated very highly in terms of effectiveness compared to natural supplements and remedies.

The majority of survey respondents are careful about avoiding trigger foods within their diet - with 71% stating they either always watched they ate or were mostly careful about what they eat.

From the respondents responses there are a number of common trigger foods that are generally avoided. The top three trigger foods were identified as:
Tomatoes including Paste / Sauces / Products
Spicy Foods
Coffee

When asked which products, services or information they have found most helpful in reducing Acid Reflux Symptoms 31% of respondents said information provided in The Stop Acid Reflux Now newsletter, blog, email and Ebook.

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Note: these results should be viewed in context as the survey was completed solely by The Stop Acid Reflux Now newsletter subscribers.

When asked what products would be most useful, the respondents chose a 'Definitive Guide to Acid Reflux, Heartburn and GERD Home Remedies' followed by '100 New Acid Reflux And Heartburn Friendly Recipes'.

The top three best tips for dealing with Acid Reflux were as follows:

68 people said avoid trigger foods.

35 people suggest eating between 3 – 4 hours before lying down.

30 people regarded eating small meals to be their best tip.

The final question dealt with the respondents biggest concern. There were many different questions, but the one that was asked the most was 'Is acid reflux / GERD reversible and can it be cured or eliminated?'

The Survey Results in Detail:

The questions and answers are detailed below with the answers displayed in both text and graph form, along with a brief explanation of the findings.

Where open-ended free form questions were asked, only the most common answers have been included in the survey. The remaining details can be found in the appendices.

Please feel free to pass a copy of this survey onto anyone you feel may be interested in the information.

Alternatively send them to this website address where they can sign up for the free newsletter and get a complimentary copy of the Survey Report:

<http://www.naturally-stop-acid-reflux.com>

Thank you again to all those who took part in The Stop Acid Reflux Now Survey 2007, your input has been invaluable.

Kathryn Whittaker

Kathryn Whittaker

Author: [Stop Acid Reflux Now](#)

The Stop Acid Reflux Now Survey 2007

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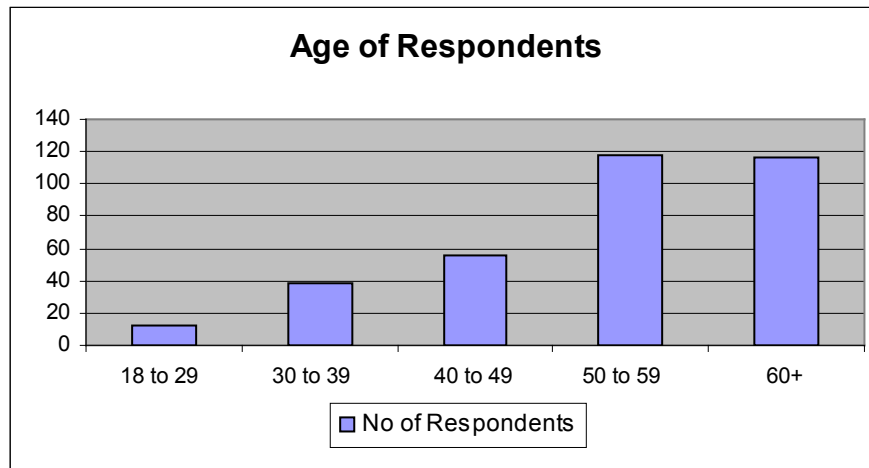
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1. The first question asked was to determine the respondents age:

	<u>No of Respondents</u>	<u>Percentage</u>
18 to 29	12	3.5%
30 to 39	39	11.4%
40 to 49	56	16.4%
50 to 59	118	34.5%
60+	117	34.2%



What Does This Mean:

The results show overwhelmingly that the majority of Acid Reflux sufferers are aged 50 and over. There could be a number of reasons for this result:

1. That there are more people in this age group subscribed to The Stop Acid Reflux Now Newsletter.
2. People within the 50+ age group who are subscribed to Stop Acid Reflux Now newsletter are more likely to answer surveys.
3. Acid reflux is more common in older people. This is backed up by research that shows more than 50% of people (both male and female) with acid reflux are between the ages of 45 to 64.

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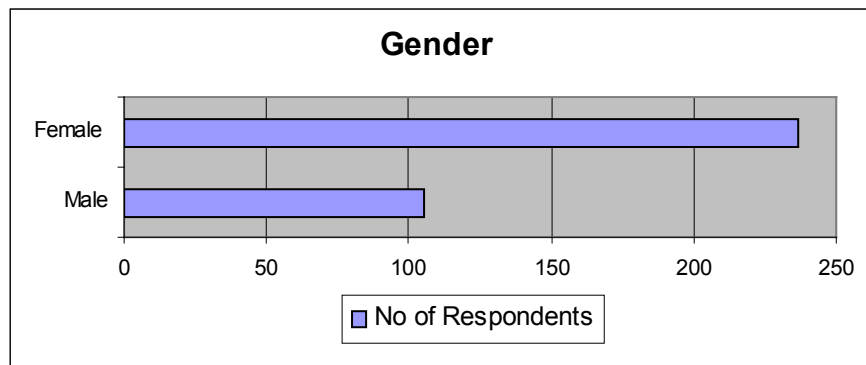
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2. The second question established the gender of the respondents:

	<u>No of Respondents</u>	<u>Percentage</u>
Male	105	30.7%
Female	237	69.3%



What Does This Mean:

The majority of respondents were female by a substantial margin.

The reason why two thirds of survey respondents are female could be explained by a number of factors.

1. That there are more women than men subscribed to The Stop Acid Reflux Now Newsletter.
2. Women who are subscribed to The Stop Acid Reflux Now newsletter are more likely to answer surveys.
3. The female newsletter subscribers are more willing to take the time to share information about their circumstances regarding their acid reflux and the approaches they adopt to try and control it.

From research carried out there does not appear to be more women than men who suffer from acid reflux, the exception being during pregnancy when acid reflux is common. However, as most of the respondents are in the 50+ age group pregnancy is unlikely to be a factor here.

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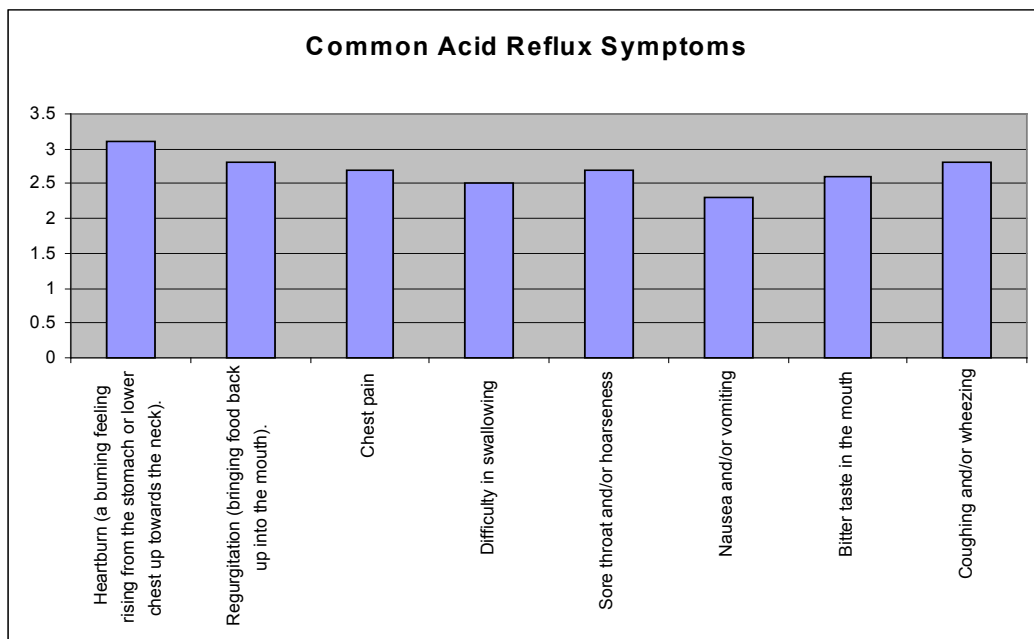
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3. Question 3 was designed to identify which of the following acid reflux symptoms the respondents have. They were asked to rate each of the following according to frequency with 1 being 'rarely' experienced and 5 being experienced 'most frequently' or choosing N/A for any that don't apply.

Rating (1)

Heartburn (a burning feeling rising from the stomach or lower chest up towards the neck)	3.1
Regurgitation (bringing food back up into the mouth)	2.8
Chest pain	2.7
Difficulty in swallowing	2.5
Sore throat and/or hoarseness	2.7
Nausea and/or vomiting	2.3
Bitter taste in the mouth	2.6
Coughing and/or wheezing	2.8



What Does This Mean:

The most common symptoms of Acid Reflux that occurs most often is Heartburn, jointly followed by Regurgitation and Coughing / Wheezing.

(1) As respondents had the choice of entering N/A for any symptoms that did not apply, the ratings were reached by taking the average rating multiplying it by the number of respondents who entered a rating of 1 – 5 and dividing that figure by 342, which is the total number of survey respondents.

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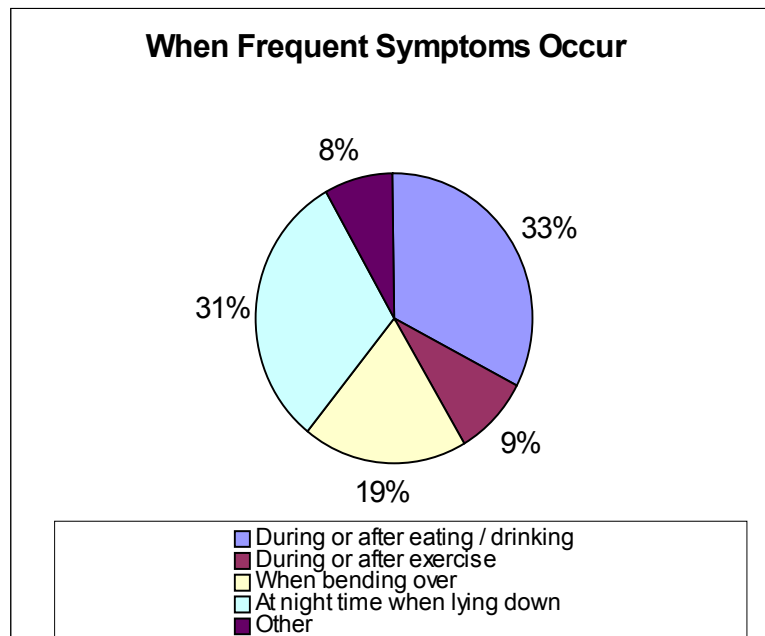
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4. The purpose of this question was to establish when the most frequent symptoms highlighted in the previous question were most likely to strike. Respondents were asked to check the boxes of all the options that apply:

	<u>No of Respondents</u>	<u>Percentage</u>
During or after eating / drinking	217	63.0%
During or after exercise	57	16.6%
When bending over	126	36.8%
At night time when lying down	208	60.8%
Other	54	15.7%



What Does This Mean:

The top three Acid reflux symptoms of Heartburn, regurgitation and coughing / wheezing are most likely to occur during or after eating / drinking or at night time when lying down.

The reason that acid reflux is most prevalent during these times could be down to what and how people are eating and that they are not leaving sufficient time between eating and lying down.

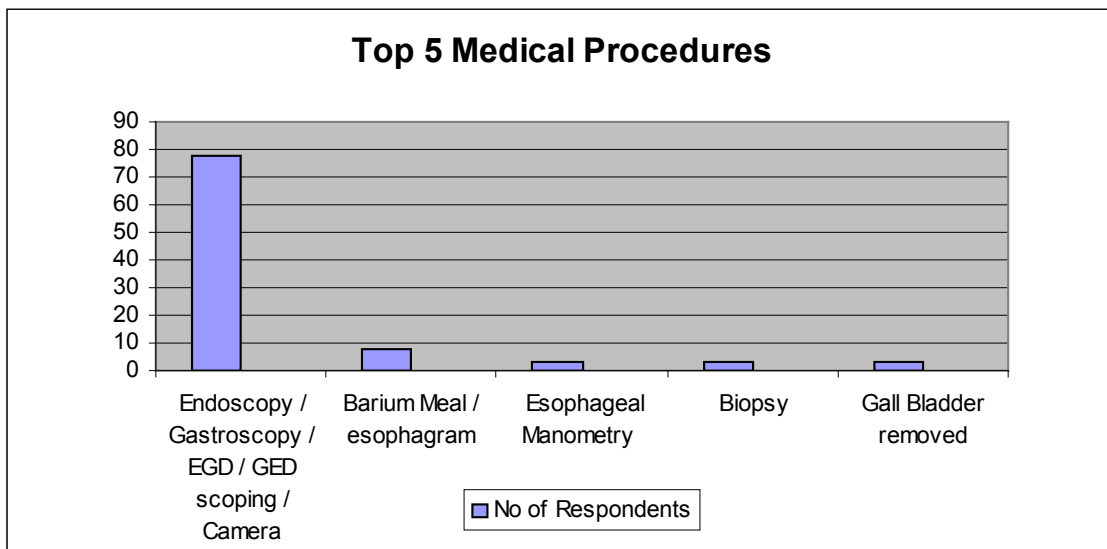
The full list of what was included in the 'Other' category can be found in the Appendices at the end of the report.

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5. This question was asked to find out specifically if the respondents had undergone any acid reflux related medical procedure or surgery.

	<u>No of Respondents</u>	<u>Percentage</u>
Endoscopy / Gastroscopy / EGD / GED scoping / Camera	78	22.8%
Barium Meal / esophagram	8	2.3%
Esophageal Manometry	3	0.9%
Biopsy	3	0.9%
Gall Bladder removed	3	0.9%



What Does This Mean:

With over 22% of all respondents having had an Endoscopy procedure it can be surmised that Acid Reflux symptoms were not being helped by Acid reducing medication.

The reason for this summation is that it is common to be prescribed acid reducing medication prior to undergoing any invasive procedures.

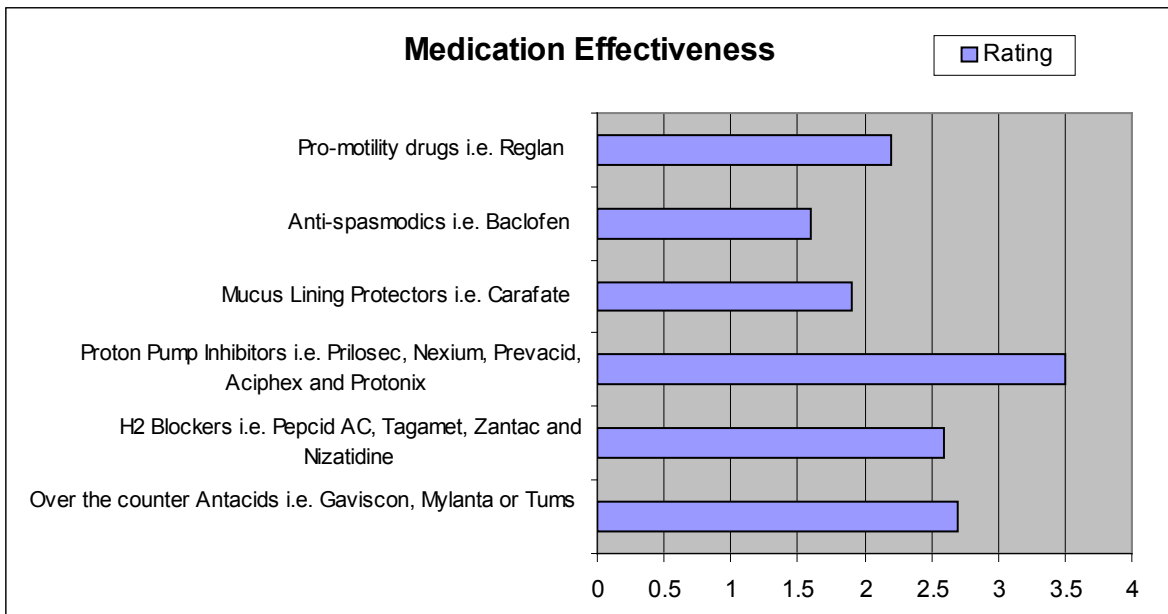
The full list of medical procedures mentioned can be found in the Appendices at the end of the report.

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6. Respondents were asked to indicate if they were taking any of the medications listed by rating their effectiveness.

	Rating
Over the counter Antacids i.e. Gaviscon, Mylanta or Tums	2.7
H2 Blockers i.e. Pepcid AC, Tagamet, Zantac and Nizatidine	2.6
Proton Pump Inhibitors i.e. Prilosec, Nexium, Prevacid, Aciphex and Protonix	3.5
Mucus Lining Protectors i.e. Carafate	1.9
Anti-spasmodics i.e. Baclofen	1.6
Pro-motility drugs i.e. Reglan	2.2



What Does This Mean:

Of the 7 types of medication mentioned one stands out as being the most effective for the respondents:

Proton Pump Inhibitors (PPI's) with a 3.5 rating

The least effective medication as rated by the survey respondents was:

Anti-spasmodics with a rating of 1.6

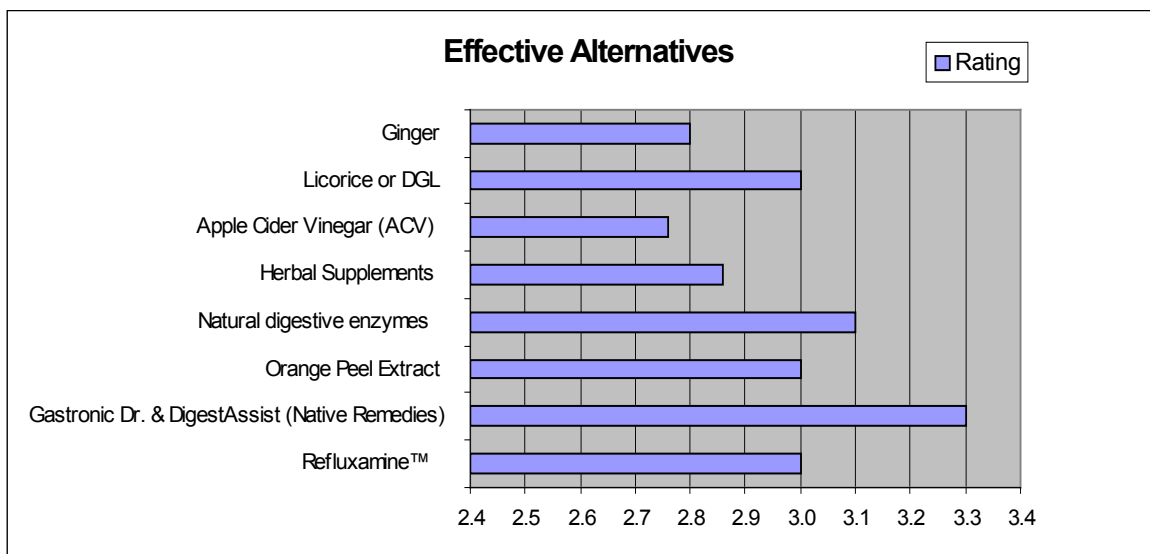
Interestingly, the only medication to score significantly about average in terms of effectiveness was PPI's.

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7. The purpose of this question was to discover if the respondents were taking any of the following supplements/remedies and to rate them for their effectiveness, with 1 being 'not effective' and 5 being 'very effective'.

<u>Supplements/Remedies</u>	<u>Rating</u>
Refluxamine™	3.0
Gastronic Dr. & DigestAssist (Native Remedies)	3.3
Orange Peel Extract	3.0
Natural digestive enzymes	3.1
Herbal Supplements	2.9
Apple Cider Vinegar (ACV)	2.8
Licorice or DGL	3.0
Ginger	2.8



What Does This Mean:

Of the 8 different supplements / remedies mentioned one stands out as being the most effective for the respondents:

Gastronic Dr. & DigestAssist (Native Remedies) with a 3.3 rating.

Interestingly, all the supplements / remedies were rated as more effective than medications in the previous questions with the exception of PPI's.

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8. Respondents were asked if they were taking any other beneficial natural supplement or remedy to aid digestion that was not mentioned in the previous question.

<u>Natural Supplement / Remedy</u>	<u>No of Respondents</u>
<u>Aloe Vera</u> Including: capsules, gel and juice	9
<u>Probiotics</u> Including: acidophilus and Threelac	7
Honey Including: Manuka and Acacia varieties and the suggestion to take it after food	6
<u>Digestive Enzymes</u> Specifically mentioned was <u>Papaya enzymes</u>	6
Apples / pure apple juice / apple sauce Specifically mentioned were Green Granny apples	5
<u>Slippery Elm</u>	3
Pineapple Including: <u>500mg Bromelain supplements</u> – the active ingredient in pineapple	3
Live yogurt	2
Homeopathic Remedies	2
Apple cider vinegar and honey mixed in water	2
Marshmellow root tea and tincture	2
Alkaline diet / balancing PH levels	2

What Does This Mean:

Aloe Vera in its various forms was the most commonly taken natural supplement / remedy other than those mentioned in Question 7.

This was followed by the use of Probiotics, including Threelac, which was specifically mentioned.

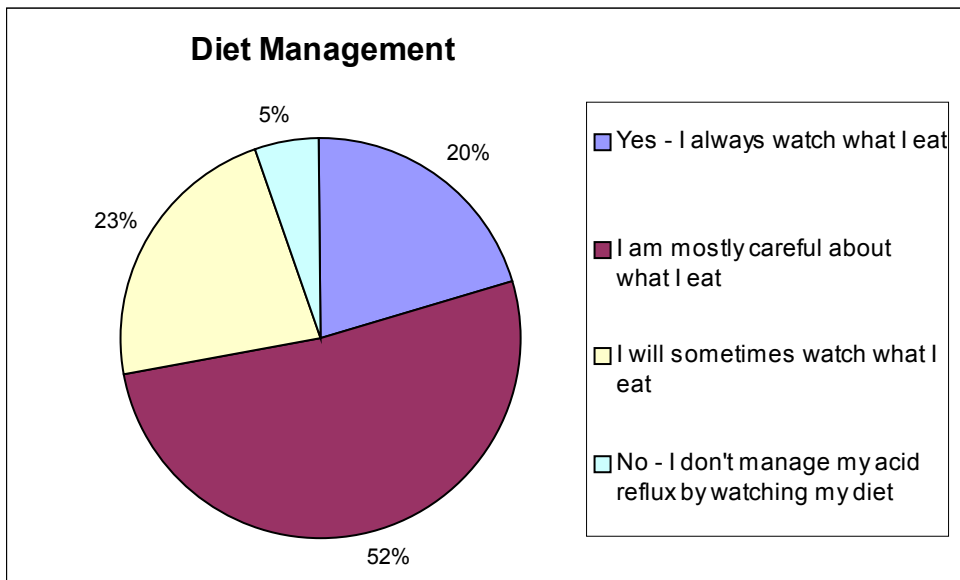
The additional list of natural supplements / remedies can be found in the Appendices at the end of the report.

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9. The purpose of this question was to discover whether the survey respondents managed their acid reflux by watching their diet and avoiding items that they know will cause symptoms to flare-up. They were asked to choose the most appropriate answer:

	<u>No of Respondents</u>	<u>Percentage</u>
Yes - I always watch what I eat	70	20%
I am mostly careful about what I eat	176	51%
I will sometimes watch what I eat	78	23%
No - I don't manage my acid reflux by watching my diet	18	5%



What Does This Mean:

95% of acid reflux sufferers watch their diet to one degree or another.

From this it can be surmised that most acid reflux sufferers symptoms are caused by certain foods and are eased when those foods are not eaten. So its interesting to note that only 20% of respondents answered 'yes – I always watch what I eat'.

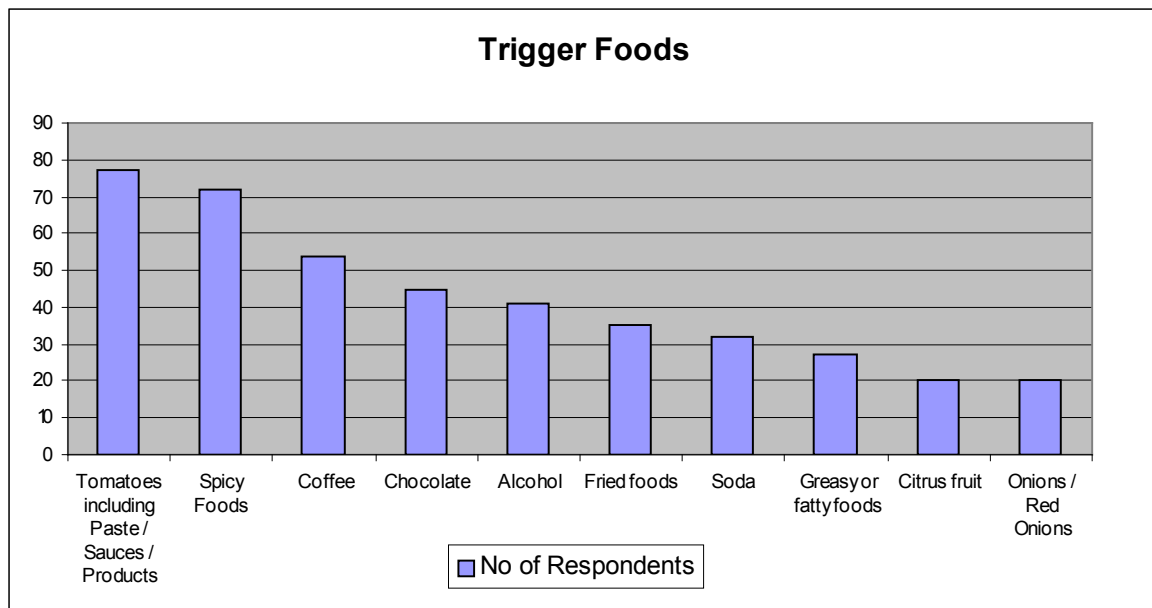
This can be seen in more detail in the answers to question 10, which include the most common 'trigger' foods.

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10. Following on from the previous question the respondents were asked to list their top three foods or beverages that trigger acid reflux symptoms.

<u>Common Trigger Foods</u>	<u>No of Respondents</u>
Tomatoes including Paste / Sauces / Products	77
Spicy Foods	72
Coffee	54
Chocolate	45
Alcohol	41
Fried foods	35
Soda	32
Greasy or fatty foods	27
Citrus fruits	20
Onions / Red Onion	20



What Does This Mean:

Given the high numbers of people reporting the same foods as Acid Reflux triggers we can assume that these foods are best avoided in order to minimize symptoms.

The remaining list of trigger foods can be found in the Appendices at the end of the report.

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11. Respondents were asked if they had a favorite acid reflux friendly recipe they would like to share with others or a particular recipe book/website they found helpful.

A Selection of Entries

2 Tbsp Apple cider Vinegar, 1 Tbsp Baking Soda, 1/2 cup apple juice mix and drink 3 times a day

2 Tbsp Apple cider Vinegar, 1/4 Tsp Baking Soda mixed in water

1 Tbsp Apple cider Vinegar and 1 Tsp honey mixed in water

Apple cider Vinegar and baking soda mixed in water

Bicarbonate of Soda mixed with water

CALM - calcium and magnesium powder

[Aloe Vera Juice](#)

[DGL](#) or ordinary licorice

Body Ecology Diet Recipes - <http://bodyecology.com/index.php>

Cantaloupe before meals - very effective

What Does This Mean:

The answers to this question were very varied with little consensus between the responses.

However, variations on the use of apple cider vinegar were mentioned a number of times as well as the use of bicarbonate of soda / baking powder.

The remaining items can be found in the Appendices at the end of the report.

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12. Are there any particular products, services or information that you have found helpful in reducing your acid reflux?

The answers were grouped, where applicable, and the following is a summary of the common products, services or information that were highlighted as helpful by 3 or more people.

No of Respondents

Stop Acid Reflux Now ebook / newsletter / emails / blog	107
Raising your sleeping position – stacking pillows / wedge pillow / mattress raiser / raising head of your bed	10
Doctor's advice	10
Digestive Enzymes / Papaya enzymes	9
Aloe Vera Gel / juice / products	5
Tums	4
Gaviscon	4
Heartburn Free®	4
Barton Publishing	3

What Does This Mean:

By a vast majority The Stop Acid Reflux Now ebook, newsletter, emails and Blog was voted as the most helpful.

However, these results should be viewed in context, as the survey was completed solely by subscribers to the Stop Acid Reflux Now Newsletter.

The remaining products, services or information mentioned can be found in the Appendices at the end of the report.

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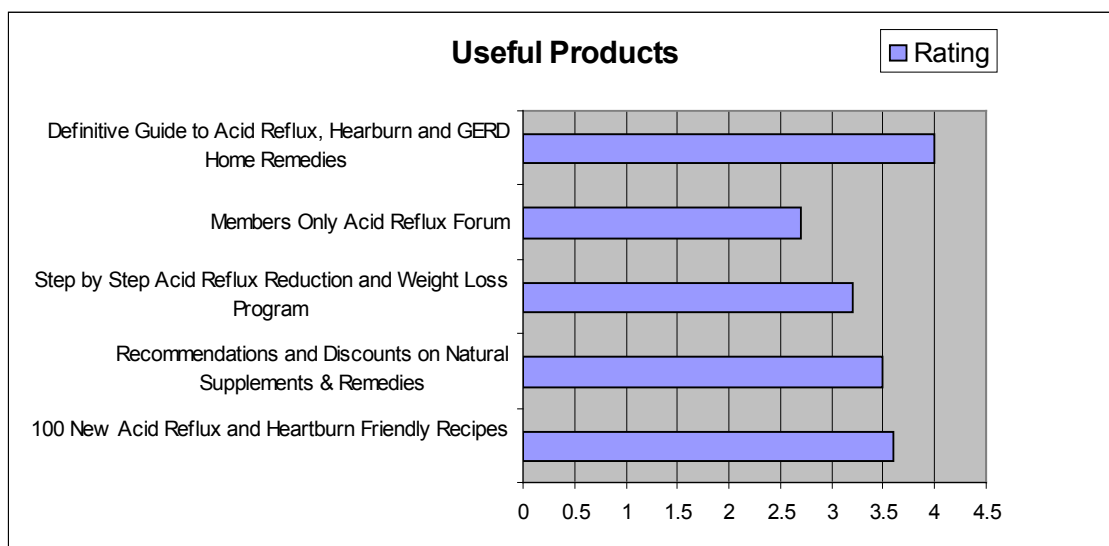


13. In an effort to discover what information Acid Reflux sufferers are looking for respondents were asked to answer the following question:

The suggestions below were rated from 1 to 5, with 1 being 'not useful' and 5 being 'very useful'.

Rating

Definitive Guide to Acid Reflux, Heartburn and GERD Home Remedies	4.0
Members Only Acid Reflux Forum	2.7
Step by Step Acid Reflux Reduction and Weight Loss Program	3.2
Recommendations and Discounts on Natural Supplements & Remedies	3.5
100 New Acid Reflux and Heartburn Friendly Recipes	3.6



What Does This Mean:

The information that Acid Reflux sufferers would find most helpful is a 'Definitive Guide to Acid Reflux, Heartburn and GERD Home Remedies'.

Given the generally low ratings for medications in question 6 (other than PPI's) it can be surmised that the majority of Acid Reflux sufferers find a natural approach to controlling symptoms more effective than medication and home remedies fit into this category.

The second most popular choice was '100 New Acid Reflux and Heartburn Friendly Recipes' - again focusing on managing symptoms through natural means.

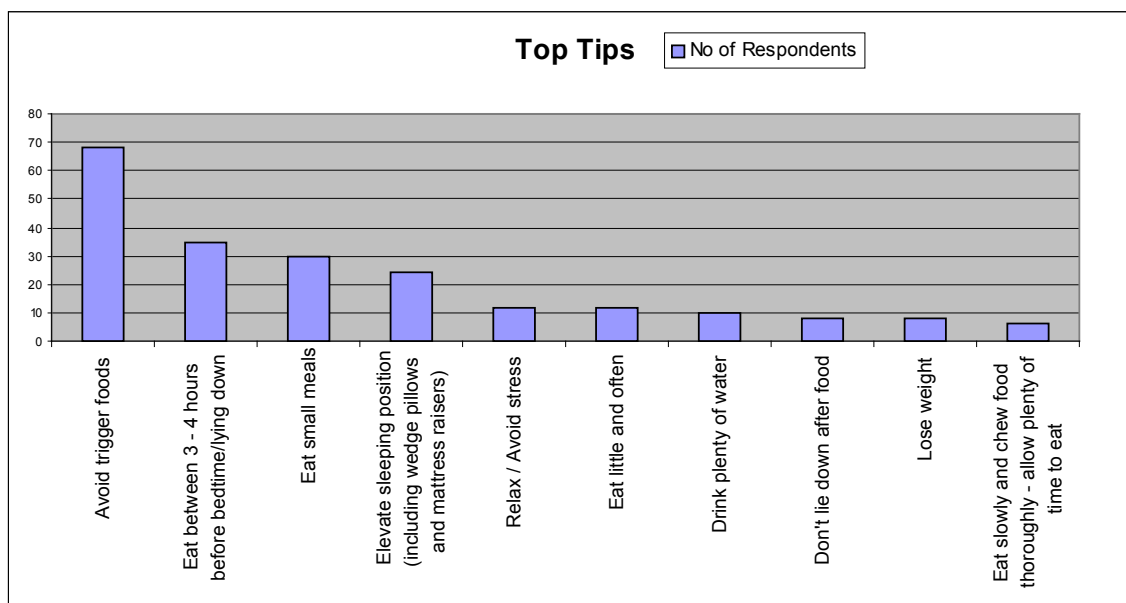
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14. Respondents were asked to provide their best tip for dealing with acid reflux, heartburn and GERD.

The answers were grouped, where applicable and the following is a summary of the top ten answers. The remaining tips can be found in the Appendices.

<u>Top Tip</u>	<u>No of Respondents</u>
Avoid trigger foods	68
Eat between 3 - 4 hours before bedtime/lying down	35
Eat small meals	30
Elevate sleeping position - (including wedge pillows and mattress raisers)	24
Relax / Avoid stress	12
Eat little and often	12
Drink plenty of water	10
Don't lie down after food	8
Lose weight	8
Eat slowly and chew food thoroughly - allow plenty of time to eat	6



What Does This Mean:

Given that 6 of the top tips given by the respondents revolve around what to eat, when you eat and how you eat, it can be surmised that diet plays a large role in both exacerbating and controlling Acid Reflux symptoms.

It is also clear that a proportion of the respondents help control their symptoms by adjusting their sleeping position and avoiding lying down after eating.

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15. The final question of the survey asked respondents to enter the ONE question they would like answered about acid reflux, heartburn & GERD:

The answers were grouped, where applicable, and the following is a summary of the questions asked by 4 or more people.

The remaining questions can be found in the Appendices.

	<u>No of Respondents</u>
Is acid reflux / GERD reversible and can it be cured or eliminated?	74
The cause of Acid Reflux / Why some people get GERD and others don't.	34
Comprehensive list of natural remedies to eliminate Acid Reflux	15
What is a safe, non-drug approach to treating acid reflux?	9
Is acid reflux / GERD stress related?	9
A comprehensive list of safe foods to eat and foods to avoid	8
What are the best products / practices to prevent Acid Reflux?	8
Why do symptoms come and go when you haven't changed anything in your diet?	7
How do you relieve the sore throat and painful swallowing?	7
Can Acid Reflux get worse /turn life threatening /cause permanent damage?	6
What can stop the coughing?	6
Can Acid Reflux be cured so I can eat the things I love that caused it?	6
Does Acid Reflux go away with medication?	6
Does having surgery help?	6
How long does the medication stay in your system for?	5
Can damage to the throat be healed?	5
What causes the LES to fail?	4
How long does Acid Reflux last / take to cure?	4
What are all the possible symptoms of Acid Reflux?	4
Are Acid Reflux and heartburn signs of something other than GERD?	4
Can I control Acid Reflux without drugs if I have a hiatus hernia?	4

What Does This Mean:

Perhaps not surprisingly the most important question that 74 people (or 21.6% of the survey respondents) want to know is whether Acid Reflux / GERD can be reversed / eliminated / cured.

What causes Acid Reflux is the next most asked question followed by two questions related to treating Acid Reflux naturally without the use of drugs.

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Appendices

Question 4 – additional answers for ‘Other’

4. Thinking about your most frequent symptoms, when are they most likely to strike?

	<u>No of Respondents</u>
Other	54
- of which common times for symptoms to strike were:	
Always/All Day/Constant	8
In the morning	7
Anytime	6
When feeling nervous or stressed	6
During the daytime	5
Talking too long	3
When hungry	3
Delayed after eating	3
When sitting	2
After coffee	2
After a large meal	1
Drinking tea	1
When standing	1
In the afternoon	1
While driving	1
When tired	1

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Question 5 – additional answers

5. This question was asked to find out specifically if the respondents had undergone any acid reflux related medical procedure or surgery.

No of Respondents

Colonoscopy	2
Esophagus stretched	2
Fundoplication surgery	2
X-rays	2
MRI	2
PH test / Medtronic monitoring	2
Stricture Balloon Dilation	1
Histamine Breathing test	1
Ultrasound scan	1
CT scan	1
Surgery for lower esophageal cancer	1

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Question 8 – additional answers

8. Respondents were asked if they were taking any other beneficial natural supplement or remedy to aid digestion that was not mentioned in question 7.

Additional responses

1 Tsp of heaped bicarbonate of soda in 1.5ltrs of water and drink throughout the day

Baking soda tea

Calendula Tea

[Fennel Tea](#)

Vinegar tea with 1 cup of warm water

Chewing gum

Nutmeg

[Garlic](#)

Parsley

Celery

Capsicum

Cinnamon

[Ginger](#)

Lemon extract

[Oregano leaves](#)

[Cayenne](#)

Kefir

Cutting out sugar

Wholegrain rather than refined grains

[Essential Fatty Acids](#)

[Vitamin B6](#) 100mg

[Vitamin C](#)

[Calcium/Magnesium chewable tablets](#)

[Powdered Calcium](#)

Prebiotics

[Metamucil](#) (fiber supplement)

[Grapeseed supplement](#)

[Activated Charcoal](#)

Acidex Peppermint Suspension

[Peppermint Oil](#)

[MSM](#) (methylsulfonylmethane)

[Liquid Chlorophyll](#)

Fructin

[Bovine colostrum](#)

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[Garden Of Life Perfect Food Supergreens](#)

SunRider Herbal Food

Acid Soothe™

[Nutrigenesis Acidgone®](#)

[Enteroplex](#)

[Centaurium](#)

Gastrocote

[Heartburn Free™](#)

[Reflux Away](#)

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Question 10 – additional answers

10. Respondents were asked to list their top three foods or beverages that trigger acid reflux symptoms.

<u>Additional Responses</u>	<u>No of Respondents</u>
Milk	13
Citrus / Acidic juice	13
Red Meat / Beef	13
Pizza	12
Caffeine	12
Oranges / Orange juice	11
Cola	11
Cheese	10
Acidic foods	9
Bread	9
Bakery Products / Donuts	9
Beer	9
Peanuts / Nuts	8
Garlic	8
Dairy Products	6
Ice Cream	6
Tea	6
Sweets / Candy	5
Beans / Legumes	5
Cereals (including All-Bran and Cheerios)	4
Citric Acid	4
Vinegar	4
Cucumbers	4
Sugar	4
Salad / Lettuce	4
Apples / Apple juice	3
Hot Beverages	3
Tacos	3
Capsicum	3
Chili	3
Salad Dressing	3
Pepper	3
Wheat	3
Rice	2
Mustard	2
Bacon	2

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Additional Responses Continued

No of Respondents

Pickles	2
Potato Chips	2
Frozen / Cold items	2
Eggs	2
Starches / Potatoes	2
Cream / Cream based sauces	2
Chicken	1
Bananas	1
Berries	1
Kiwi Fruit	1
Melons	1
Broccoli	1
Toothpaste	1
Chinese Food	1
Peppermint	1
Soy	1
Pears	1
Pepperoni	1
Smoking	1
Ginger	1
Roughage	1
Lemon	1
Pies	1
Stir Fry's	1
Grilled foods	1
Celery	1
Jam	1
Saltine Crackers	1
Watermelon	1
Pineapple	1
BBQ Sauce	1
Vitamin C	1
Seeds	1
Water	1
Yogurt	1
Kefir	1
Maple Syrup	1
Corn	1
Cauliflower	1
Seafood	1
Salt	1

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Question 11 – additional answers

11. Do you have a favorite acid reflux friendly recipe that you would like to share with others or a particular recipe book/website that you use that you've found helpful?

Fish Pie - Prepare the sauce with Goat's milk and light Country Life Spread

Homemade Green Vegetable Soup - very soothing
Sauté vegetables in olive oil, add a stock cube and water

Acid Reflux Friendly Mushroom Pizza

You need a pizza crust (either home made or Boboli)
8 oz. sliced fresh mushrooms
3/4 cup or so of sliced black olives
Italian shredded cheese or mozzarella, whatever you prefer
Cream cheese (4oz.)

Preheat oven to 425F

Soften the cream cheese to room temperature, then spread thinly over the entire pizza crust.

Next add a thin layer of shredded cheese or use thin slices of mozzarella. Pile the sliced mushrooms onto the cheese, spread over with the sliced olives, salt and pepper to taste (the olives and cheese contain salt so go easy)

Top with more cheese and bake for 8 to 12 minutes.

Chicken Wrap

Chopped cooked chicken

Raisins

Walnuts

Mix ingredients together with low fat sour cream and spoon into a tortilla wrap

Sultanas naturally dried, sunflower and pumpkin seeds mixed together make a great snack

Chewing gum

An apple 2 hours after a meal / an apple a day

Oatmeal and apples

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Pineapple juice sipped throughout the day and after meals
Freshly juiced vegetables before dinner - try carrot, ginger, celery, cabbage, broccoli and radishes
Ginger biscuits
Honey
Add a few drops of peppermint oil to water to help with the bitter taste in the mouth
Infusions of small particles of ginger root - very helpful
Adding cream of mushroom soup to spaghetti sauce to reduce the acidity
Fresh celery juice
Slices of cucumber
Sautéed vegetables
Plain yogurt and fruit smoothies
Low GI diet
Stop Acid Reflux Now Recipe Collection
Tea
Toast
Boiled Rice
Plain water after eating followed by a teaspoon of honey
Humbugs - give up to four hours relief
Twining Digestive tea
Tea containing ginger or fennel
Vanilla ice cream to soothe throat after spicy dishes
Spinach
Salads
Turkey salads

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Question 12 – additional answers

12. Are there any particular products, services or information that you have found helpful in reducing your acid reflux? This could be a book, an acid reflux aid, a website, a newsletter or a membership service etc

No of Respondents

Heartburn & Reflux for Dummies - Carol Ann Rinzler	2
Aciphex	2
Acupuncture	2
The PH Miracle: Balance Your Diet, Reclaim Your Health - Robert O. Young, Shelley Redford Young	2
http://acidalkalinediet.com	2
DGL	2
3 liters of water a day	1
Exercise	1
Acupressure	1
Stomach manipulation	1
ACV supplements	1
Alkaselzer	1
Qi Gong	1
Health from God's Garden: Herbal Remedies for Glowing Health and Well-Being - Maria Treben	1
Chewing gum	1
Body Ecology Book and Website - http://bodyecology.com/index.php	1
Restoring Your Digestive Health - Jordan Rubin	1
The Acid Alkaline Balance Diet : An Innovative Program for Ridding Your Body of Acidic Wastes - Felicia Drury Kliment	1
Tell Me What to Eat If I Have Acid Reflux - Elaine Magee	1
Eating for Acid Reflux - Jill Sklar, Annabel Cohen	1
Bottom Line Natural Healing - Dr. Mark Stengler	1
Chronic Heartburn - Barbara E. Wendland	1
Probiotics	1
Natropath	1
Gut Solutions: Natural Solutions To Your Digestive Problems - Brenda Watson	1
Dr Mercola's website - http://www.mercola.com/	1
Juicing	1
Heartburn-help forum - Heartburn-help	1
Herbal Tea	1
Ginger Juice	1

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No of Respondents

Oil of oregano	1
Nexium website - http://www.purplepill.com/	1
Vegetable Digestive Aid - Solgar - http://www.solgar.co.uk/	1
Emotional Freedom Technique - http://www.emofree.com/	1
Pariet - PPI	1
Medline Plus - http://www.nlm.nih.gov/medlineplus/	1
Mylanta	1
Antacids	1
TicTacs	1
Low GI Diet	1
Speech therapy for swallowing	1
The Heartburn Alliance - http://www.heartburnalliance.org/	1
The Mayo Clinic - http://www.mayoclinic.com/	1
Rolaids	1
doctorgluten.com	1
Relaxation / yoga	1
Chlorophyll	1
MSM - methylsulfonylmethane	1
Wikipedia.org	1

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Question 14 – additional answers

14. What would be your best tip for dealing with acid reflux, heartburn and GERD?

	<u>No of Respondents</u>
Exercise	5
Take medication	5
Don't take medication as you become reliant on it	4
Avoid caffeine / coffee	4
Don't over focus on the problem	4
Apple cider vinegar after every meal	3
Avoid deep fried foods	3
Take digestive enzymes (including Papaya enzymes)	3
Get medical advice to rule out other causes	3
Improve posture	3
Honey (Manuka) - try 1 Tsp after every meal	3
Aloe Vera	2
Follow an alkaline diet	2
Avoid soda	2
Sleep on your left-hand side	2
Take Gaviscon	2
Acupuncture	2
1 Tsp of Bicarbonate of Soda in glass of water before each meal	1
1 glass of freshly squeeze celery juice 8 - 16 oz	1
Quit smoking	1
Take a walk after dinner	1
Convert to veganism	1
Probiotics	1
Eat fruit before greasy food	1
Eat fruit or soda crackers as snacks	1
Drink apple juice	1
Drink Licorice tea (warning: consult your doctor first)	1
Test for H.Pylori bacteria	1
Avoid alcohol	1
Eat plenty of live yogurt	1
Emotional Freedom Technique	1
Wear loose clothing without tight waistbands	1
Avoid iced tea	1
Buy a 'grabber' so you don't have to bend down to pick things up	1

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No of Respondents

Don't ignore acid reflux - get healthy before your esophagus becomes damaged	1
Hydrocolonic	1
Stomach manipulation	1
Don't eat for 2 hours before exercising	1
Peppermint tea for immediate calming	1
Avoid / reduce sugar intake	1
Tums	1
Over the counter drugs	1
See a good Gastro doctor	1
Eat raw and living foods - avoid processed and overcooked foods	1

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Question 15 – additional answers

15. If you could have ONE question answered about acid reflux, heartburn & GERD what would it be?

	<u>No of Respondents</u>
Can you ever get rid of the nausea?	3
Can acid reflux turn cancerous?	3
What supplements help reduce symptoms?	3
How do you stop the hoarseness and voice loss?	3
How does Acid Reflux effect the voice, swallowing and head congestion?	3
Can you get relief from / reverse Barrett's?	3
Can you get Barrett's from silent reflux?	2
Are palpitations and GERD linked?	2
Does acid reflux really go away if you lose weight?	2
Does DGL really work and can you take it forever?	2
Can you have decaf products?	2
Why don't doctors take acid reflux seriously?	2
How does Acid Reflux evolve with age?	2
Does a change in diet really work?	2
What is the connection / difference between Acid reflux and allergies?	2
What is the quickest pain relief?	2
Why does Acid Reflux cause upper back spasms / pain	2
After losing weight, changing diet, taking natural foods and supplements - what else will help?	2
Can children develop Acid Reflux and what treatment is there?	2
Can Acid reflux lead to wheezing and how do you stop it?	2
Can Acid Reflux cause your lips and tongue to burn?	2
Should I have an endoscopy / visit a specialist?	2
Is Acid Reflux related to blood pressure?	2
Does GERD cause a smothering / heavy feeling in the chest?	2
How bad does Acid Reflux symptoms have to be to have surgery?	2
How many calcium based tablets can you take - how many is too many?	2
How do you eat out with enjoyment?	2
Can you have acid reflux for years without knowing about it?	1
How do you get rid of the burning and redness at the back of the throat?	1
How to tell people how bad acid reducers are.	1
Can you get esophageal cancer from silent reflux or is it only people who experience heartburn?	1
Is silent reflux dangerous?	1
Is fatigue a symptom of GERD?	1

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No of Respondents

Is Acid reflux caused by digestion and elimination problems?	1
Why do PPI's stop working?	1
Why doesn't taking medication and watching your diet get rid of belching and a 'heaviness' in the chest?	1
Why do afternoon naps bring on Acid Reflux even when not lying down?	1
Why isn't there more information on how important a balance PH diet is?	1
Can a daily aspirin be taken with silent reflux?	1
Have there been studies to link GERD to hereditary / genetic predisposition?	1
What can Barrett's sufferers do with a hiatus hernia that isn't drugs?	1
How do I continue to eat small meals without losing weight?	1
What is the difference between Acid Reflux and gall bladder problems	1
How do you know if the meds are having an adverse effect on the rest of your digestive system?	1
What is the difference between Acid Reflux and a heart attack?	1
How is Acid Reflux related to asthma?	1
How many people's funduplication surgery failed over time?	1
How to know what will trigger a bad night?	1
How would I know if I had a stomach ulcer?	1
Is a tickly throat and cough signs of Acid Reflux?	1
Is it good to take baking soda for heartburn?	1
How do you heal the LES with exercise?	1
Is Acid Reflux related to the Vagus nerve?	1
Does Acid Reflux effect the fetus when pregnant?	1
How does Apple Cider Vinegar help?	1
What brings back the appetite?	1
What causes burning in the stomach?	1
How do you stop regurgitation?	1
How do you know if Acid Reflux is caused to too much or too little acid?	1
Why are symptoms worse at night?	1
Why does my urine smell so strong and is this linked to Acid Reflux?	1
How to stop air refluxing that brings on coughing?	1
Are Chinese Herbal remedies any help?	1
Are doctors close to finding a cure?	1
Can Acid Reflux cause headaches and dizziness?	1
Can Acid Reflux lead to shortness of breath?	1
Do Probiotics help?	1
Do plant enzymes help?	1
Does Acid Reflux cause gas pain on the left-hand side or chest area?	1
Does Acid Reflux cause an itching sensation at the bottom of the Sternum / solar plexus?	1
Does Boniva cause Acid Reflux / Heartburn?	1
Does having Funduplication surgery mean no more medication is required?	1
What are esophageal spasms?	1

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No of Respondents

Why have I only had Acid Reflux since my Gall Bladder was removed?	1
Why to medications bring on Gall Bladder problems?	1
Will LPR have dangerous long-term effects?	1
Will surgery on a hiatus hernia stop the Acid Reflux?	1

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