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One in ten Americans suffer from heart burn or acid reflux at least once a week. Many things can cause acid reflux: certain foods (especially spicey or minty ones), medications, obesity, and even stress.

Thankfully there are many things you can try to ease your pain. If you think your medications are the source of your problems talk to your doctor about possibly changing medications or ask what kinds of treatment options are available to you. Some kinds of antacids can react with certain medications.

If your acid reflux isn't medication induced there are a number of antacids on the market you can try. Pay attention to the details on the back of the package. Some start working right away and others take several days to work.

For more information on acid reflux and heartburn check out the link below.

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