

Heartburn????

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Reducing or eliminating alcohol consumption can reduce heartburn or acid reflux. In particular, alcohol consumption in the evening is believed to lead to more symptoms of night time acid reflux, as well as other health problems. While some studies show that a glass of red wine has many health benefits, this is a 4 ounce glass, before a meal, and for those who suffer from acid reflux, even this may be a problem. Alcohol increases stomach acid. Prescription and natural remedies for acid reflux are geared towards reducing or preventing excess stomach acid. It just does not make sense to continue to drink alcohol when you have been diagnosed with acid reflux.

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