

Heart Burn/ Acid Reflux: The New Food & Lifestyle Disease

Why an epidemic of Heartburn & Acid Reflux Disease?

Over the past 40-50 years, human food and lifestyle have changed drastically. The food chain has become commercial with an abundance of synthetic foods rich in refined sugars, refined grain flours, refined cooking oils, pre-prepared fast and junk foods rich in salt, fats, and sugars. The modern human feeds on multiple meals over a span of 14-16 hours each day going into late nights. That leaves little time for the digestive tract to rest, repair, and rejuvenate. The change in food and lifestyle has led to various diseases such as obesity, Type2 diabetes, fatty liver, high blood pressure, heart disease, and many more. The heartburn and acid reflux disease, a rarity in the past, has become an epidemic affecting many city dwellers who consume commercial foods and live an unbalanced lifestyle.