GRANDMA'S REMEDIES

Baking Soda: The Best Natural Remedy for Immediate Heartburn Relief

By bestfolkmedicine · 04/04/2019 · 1 min read



When it comes to heartburn, most people experience it from time to time, mostly after meals; however, in some people, heartburn is more common and more serious. Nowadays, there are a lot of over-the-counter products and home remedies you can use to alleviate it as well as specific lifestyle changes.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Also known as acid reflux, heartburn happens when the stomach acid comes into contact with the esophagus' lining and irritates it. If heartburn happens more than twice per week, it is vital that you consult your physician.

This is because you may have GERD and you may need over-the-counter meds. For a lot of people, baking soda is one of the most beneficial ways to alleviate heartburn. Unlike over-the-counter meds, it comes without side effects and plus, it is easily affordable.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

How Baking Soda Helps Relieve Heartburn?

Since it is an alkalizing agent, baking soda will help restore the pH balance in the body. This is crucial if we take into account that overly acidic environment in the body can trigger heartburn.

Moreover, as heartburn and indigestion often happen because of low stomach acid, the food does not get properly digested and stays there for hours. It starts to ferment in the stomach and thus, causes discomfort, as well as upset stomach, heartburn, and indigestion.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

Baking soda will help you move the clogged contents into the GI and reduce the burning sensation in the throat and chest.

How to Use Baking Soda to Alleviate Heartburn?

You will need:

A tbsp of baking soda

½ cup of water

Preparation: Mix the two ingredients well and drink it right away when you are experiencing heartburn.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

Sources:

BEST HERBAL HEALTH

VERY WELL HEALTH

Read online: https://bestfolkmedicine.com/2019/04/baking-soda-the-best-natural-remedy-for-immediate-heartburn-relief/
Downloaded on 21/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.