

Heartburn

What is Heartburn?

Heartburn is a burning sensation just behind the breastbone. It is often worse when lying down.

Signs and Symptoms

A burning sensation behind the breastbone or a burning feeling in the throat; it usually occurs after eating; it is usually worse at night.; it may be accompanied by a sour or bitter taste in the mouth or the sensation of food being stuck at the back of the throat.

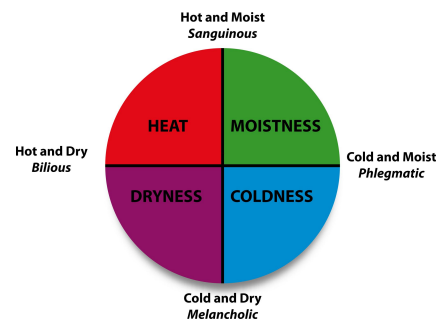
What Causes Heartburn?

Heartburn is caused by stomach acid moving back up into the oesophagus. When we eat, the muscle above the stomach relaxes to allow food in and then closes again. With heartburn, the muscle relaxes abnormally or is weakened, and this allows stomach acid back up into the oesophagus.

The Tibb View of Heartburn

According to Tibb philosophy, heartburn either results from an excess of **heat with dryness**, caused by increase production of stomach acid; or it results from an excess of **moistness** which causes the muscle to relax abnormally.

Heartburn linked to heat with dryness is more prevalent in people with a dominant/sub-dominant bilious temperament, because of their innate qualities of heat and dryness. However, heartburn linked to moistness is more commonly found in people with a phlegmatic/sanguinous temperament, because of their inherent dominance of moistness.



Treatment and Management of Heartburn

Treatment and management is aimed at **reducing the excess qualities** associated with heartburn by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness and moistness** in cases of heartburn linked to **excess heat with dryness**; or **increase dryness** in cases of heartburn linked to **excess moistness**. This assists Physis in addressing both the symptoms and causes of heartburn.

Tibb Lifestyle Factors

Heartburn Associated with Qualities of Heat with Dryness:

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, followed by **Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot and Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot and Dry foods** - like chicken, eggs, garlic and onions.
- Drink a large glass of water rapidly for pain relief. This dilutes the stomach acid, flushing it into the duodenum, where it is neutralised;
- Eat frequent small meals, including well cooked white rice, yoghurt and cottage cheese.
- Eat vegetables such as carrots and broccoli occasionally.
- Allow hot beverages, like rooibos tea, to cool before drinking, to avoid triggering gastric discomfort.
- Avoid fried foods, tea, coffee, alcohol, chocolate, strong spices, animal fats, and carbonated drinks.
- Avoid eating and drinking at the same time. Take in fluids 30 minutes before or after a meal.

Other Lifestyle Advice

- Avoid lying down immediately after a meal.
- Wear loose, comfortable clothing.
- Avoid non-steroidal anti-inflammatory drugs (especially aspirin).
- Quit smoking.
- Practice slow and deep breathing exercises twice daily.
- Keep the colon clean by adopting a high-fibre diet. The use of a gentle and natural laxative is recommended monthly.
- Drink a glass of chilled milk to reduce discomfort caused by stomach acid.

Medication

Herbal Remedies

- Grind up two cardamom pods. Add 250ml of water. Boil for 15 minutes. Strain and drink three times daily.

Tibb Medication

Qarheen granules - This product contains licorice root which coats and soothes the lining of the oesophagus. Qarheen is linked to qualities of **moistness** with heat. This helps to dissipate the excessive heat associated with heartburn.

Alsarex tablets – This product has anti-inflammatory properties and is an ideal treatment for heartburn and other gut disorders associated with excessive heat. Alsarex is linked to qualities of **moistness** with heat. This helps to dissipate the excessive heat associated with heartburn.

Endemali granules - This product contains psyllium husk which is mucilage and soothes and protects irritated and inflamed internal tissue. Endemali is linked to qualities of **moistness** with heat. This helps to dissipate the excessive heat associated with heartburn.

Laxotabs tablets - This natural laxative assists in the elimination of excess stomach acid in the stool. Laxotabs are associated with qualities of **moistness** which helps to dampen the heat with dryness associated with heartburn.

Tibb Lifestyle Factors

Heartburn Associated with Qualities of Moistness:

Food and Drink

- Eat **mostly Hot and Dry foods**, such as chicken, avocado, bittergourd and chickpeas, and **Cold and Dry foods like** beef, potato, and yogurt.
- Eat the **least amount of Hot and Moist foods**, such as bread, pasta, sugar and bananas, and **Cold and Moist** foods like squash, butter, cucumber and pears.
- Avoid triggers such as fatty or fried foods, tomato sauce, alcohol, chocolate, mint, garlic, onion, and caffeine, as these may make heartburn worse.
- Eat smaller meals.

Other Lifestyle Advice

- Avoid lying down immediately after a meal.
- Wear loose, comfortable clothing.
- Lose weight if overweight.
- Quit smoking.

Medication

Herbal Remedies

- Chew 5-6 basil leaves after meals.
- Chew a clove of garlic to lessen stomach discomfort.

Tibb Medication

Laxotabs - This product assists in the elimination of excess and undigested food.

Gastrone - This product promotes normal digestion and tonifies the digestive tract. Gastrone is linked to qualities of **heat** with dryness.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix