

The Top 10 Natural Heartburn Relievers You've Probably Never Heard Of

Dear Reader,

Every year at the start of the holiday season I promise myself that this will be the year I don't overeat. I'll say "No thanks" to the cookies. I'll pass the turkey without taking a second helping, and I'll walk right by the latest gift basket to arrive in the office without even a second glance.

And every year, I, of course, fail.

It seems as if overeating...along with picking the *wrong* foods to eat...is as much a part of the holidays as are Christmas trees and presents. And so, unfortunately, is the **heartburn** to go with it. That's why I'm sharing this handy list of the top 10 all-natural heartburn relievers you've probably never even heard of:

- (1) **Raw-potato juice**: Rinse off a potato and toss it, with the peel still on, into a juicer. Drink the juice immediately.
- (2) **Fresh papaya**: At the first sign of heartburn, try eating some fresh papaya WITH the seeds. There are enzymes in the tropical fruit that help break down food. You can also keep a bottle of papaya tablets around to accomplish the same thing.
- (3) **Fresh pineapple**: Like papaya, pineapple is packed with an enzyme that aids digestion by helping to break down food.
- (4) **Vinegar**: If you know you're going to overindulge, or that a particular food is likely to cause heartburn, fix yourself a vinegar tonic by mixing a tablespoon of apple-cider vinegar into a glass of water to sip during your meal.
- (5) **Fennel seed**: Grab the fennel seeds off of your spice rack and mix 2 tbsp. into about a cup of boiling water. Let the mixture steep for several minutes to make a tea to sip on.
- (6) **Rhubarb**: Slice off a piece of rhubarb stalk and chew on it for a few minutes. It will be sour, but many swear by its ability to sooth the burn.
- (7) **Anise seed**: Visit your spice rack again and grab a few anise seeds to chew on.
- (8) **Fresh parsley**: Don't toss out that parsley garnish at the end of the meal. Nibble on the fresh sprig to relieve indigestion.

(9) **Aloe-vera Juice:** You can buy Aloe-vera juice online or at your local natural-food store. (If you're diabetic, however, be careful with Aloe-vera juice as it may lower your blood-sugar levels.)

(10) **Peppermint:** You can grow your own peppermint or pick it up at the grocery store. Chew on the fresh leaves at the first hint of heartburn. Natural peppermint tea works too.

If you're feeling the burning pain of a little holiday overindulging, why not give one of these natural solutions a try? You can avoid those [stomach-acid-robbing drugs](#)

(<http://clicks.healthiertalk.com/t/AQ/AAN6aA/AAOEjg/AAL77w/AQ/Au2VVQ/zOCD>) and *still* get a good night's sleep.

Beating back the burn naturally,

Alice Wessendorf

Everybody seems to think heartburn is due to too much acidity. The evidence is against this. The evidence points to NOT ENOUGH acidity. And why is this so? Because almost everybody drinks a cold beverage before, during and after meals. WRONG.

Drink something 30 minutes before meals . Do not drink anything with your meals except, maybe, soup. And don't drink anything within 30 minutes after you eat. You'll never get heartburn again and you won't need any of the above.