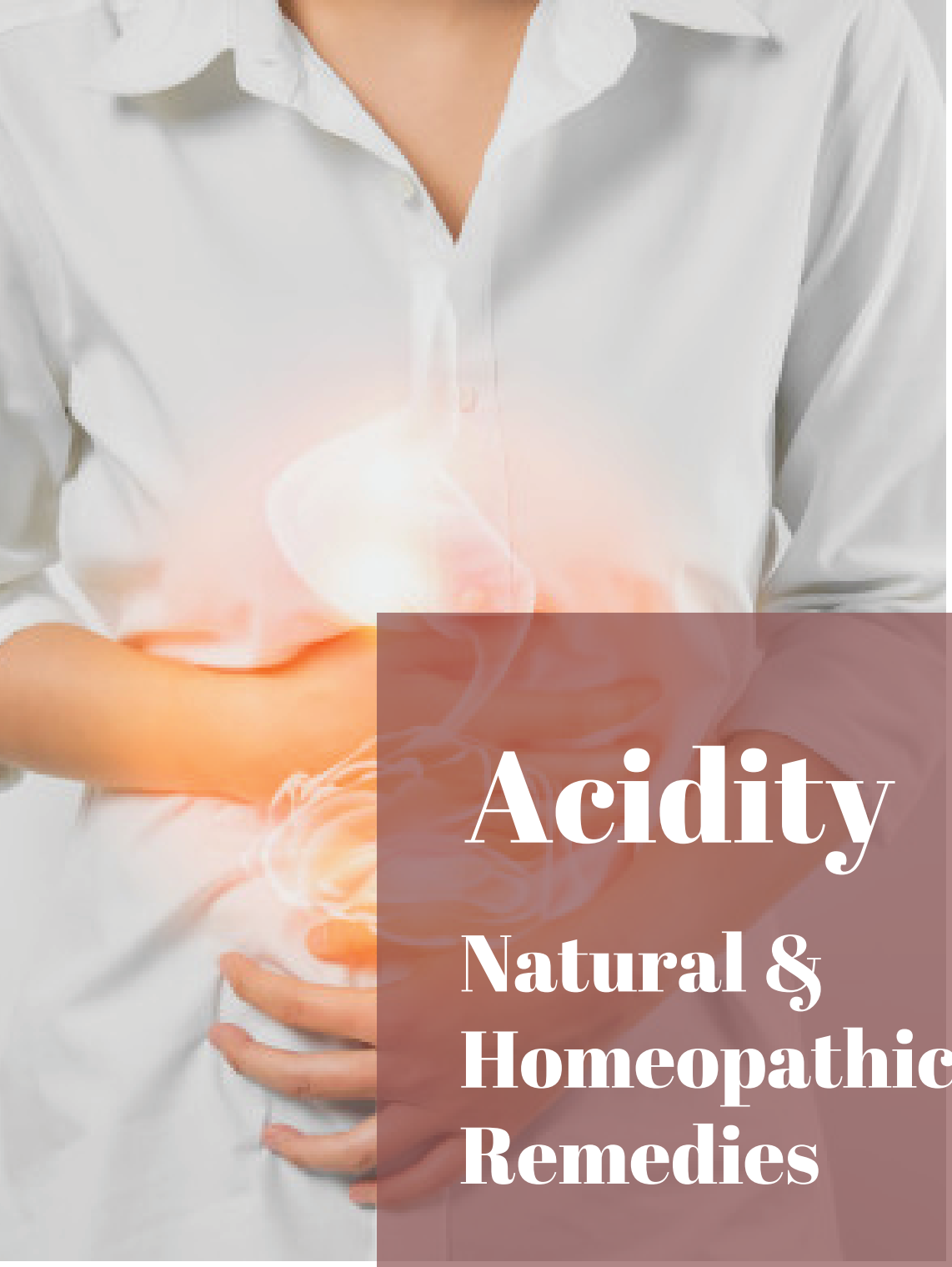

Acidity

Natural & Homeopathic Remedies

Dr. Varsha M Khurana

homeopathynet.com

Natural Options

- Peppermint tea
- Licorice root tea
- Baking soda, half tsp in a bottle of water, taken in slow sips
- ACV with lemon with raw honey in hot water (can heal ulcers)
- Mag citrate QID, until much better, then reduce to once a day
- Goat milk
- Water kefir
- Yellow mustard
- George's distilled aloe vera juice
- Correcting iodine deficiency
- Sauerkraut
- Probiotics, digestive enzymes, organic lemon in water
- Avoid alcohol, gluten, sugar
- Coconut water
- Golden seal root (natural antibiotic), 2 pills twice a day for 2 weeks. Then 1 pill twice a day for another 2 weeks.
- Fruit diet and slowly reintroduce food to your body.

Homeopathic Remedies

- Calc Carb + Carbo veg (30 Mixture)
- Robinia 6
- Nat phos 6X
- Iris 6
- Gaultheria
- Sang can : Esophageal burning
- Strontium carb
- Sul ac: high potency
- Mag c: high potency
- Zingiber
- Embilica officinalis: Sour acidity, eructations, sourness in general
- Abies can: Eat beyond their capacity, get burning/ indigestion