

Discussion on digestive problems

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Although antacids offer a short-term solutions, questions have been raised over the long-term effects of using antacids. Homemade remedies for heartburns include taking burned ash. Wood ash is basic and hence neutralizes the acidity in the stomach. The homemade remedy may not be a viable replacement for commercial antacids since the base content cannot be established.

Constipation is a digestive condition in which, free and smooth bowel movement is inhibited. Constipation is caused by among other causes, type of food and eating habits and malfunctioned digestive system. Some of the commercially available relief remedies include laxatives such as milk of magnesia. It is claimed, “ The major stimulant laxatives are diphenylmethane derivatives and anthraquinones” (Hemorrhoids. com, 2011, p. 1). Whereas laxatives are used as a remedy for constipation, continued use is not advised. Home remedies for constipation include taking a lot of water, and roughages as well as doing exercise. Homemade remedies are better since they have no long-term side effects.