

The symptoms of reflux esophagitis and gastritis – feeling like something stuck in throat and epigastric pain : Lifestyle habits that help improve it

Hello.

I'm Jin Han.

I'm a Korean medical doctor and the director of Kyunghee Hyoza oriental medicine clinic.

I would like to share with you my experience of treating gastrointestinal patients for more than 17 years. I would like you to follow the lifestyle habits to live a healthy life after grasping the pattern of throat discomfort and pain in the stomach. Thank you.

*** Aspects of feeling like something stuck in throat**

The main symptoms of reflux esophagitis is feeling something stuck in throat. There are chest tightness and back pain. The figure below shows the occurrence and change of the throat symptom.

Throat symptom lowers the quality of life of reflux esophagitis patients. It is often accompanied by laryngitis. The voice gets easily hoarsed. If you like singing, the sound will not go up as before and the lecturer will experience a smaller voice volume.



Symptoms of throat start from area 1 and gradually rise to area 2. In the early stage of the onset, gastric acid reflux causes the area 1 to be burned. But you feel like something stuck more than throat burn.

Throat symptoms may appear only at certain times of the day, but in severe cases it appears throughout the day. The area 2 is the muscles of the neck called the sternocleidomastoid muscle. When the thyroid gland, which is the starting point of the area 2, feels uncomfortable, the stiffness appear to the ear. After that, you may get the feeling of deaf ears or tinnitus and develops into migraine.

When you feel uncomfortable for a long time, you may have insomnia. This leads to busy brain, chronic fatigue and depression.

One good Tip.

If you need to talk a lot, take a spoon of acacia honey in the morning or just before you need to talk a lot. Honey does not cure your throat ultimately, but you will experience a relief of your neck for about two hours.

* Aspects of epigastric pain

Epigastric pain and abdominal discomfort are common symptoms of reflux esophagitis and gastritis. Symptoms of each area are characteristic. Please see the picture below.



Pain is the most common in areas 1, 2 and 3. The lower part of the left rib is stiff and the postprandial stuffiness is the main symptom. If the area 1 is stiff, it is difficult for the food to pass over from the esophagus to stomach. If you feel sick here, you often get insomnia, and it takes a long time to get to sleep at night.

If the areas 2 and 3 are stiff, it means that the food is not decomposed and stagnated at the center or exit of the stomach. You can feel bloated and your appetite can decrease. In some cases, the area 3 beats like a heartbeat. It is often seen in people who are very nervous.

Abdominal distention often appears in area 4 after defecating. Area 4 also tends to beat like a heartbeat if the tympanosis is severe.

***Eating habit**

Please eat only vegetables for 2 days. Vegetables should be fresh as possible and roasted vegetables are not good.

If you do not have gastrointestinal symptoms after eating for 2 days, you can eat boiled meat. Please boil beef radish soup. If you do not have any symptoms of gastrointestinal illness after eating beef radish soup, you adapt to vegetables and boiled meat.

If you want to bake meat, beef is better than pork because pork is more oily.

When you increase your adaptability to meat, you can sometimes eat flour food such as noodle and bread. If you eat a lot of these foods, the first meal the next day will be a burden on your stomach. So you need to eat a vegetable porridge to take food waste you have eaten yesterday out of the body for keeping the stomach healthy.

Soybean, soy milk and miso is not recommended. If you are suffering from constipation, please try 1/3 cup milk or small amount of banana. If you feel burdened with stomach, please eat

yogurt made by yourself at home.

Even if you eat brown rice or a grain powder in milk, which is good for your body, it gives a burden on your upper abdomen. When the epigastric bloating is old, it gets worse after eating.

In summary, basically it is good to eat with vegetables and boiled meat. It is important for you to refrain from the soybean because it can cause lower abdomen bloated and it is important not to overeat sweet food because it can cause upper abdomen swelling. The next day after overeating, you can protect your stomach by eating vegetable porridge that expels waste materials you have eaten the day before. Sometimes you enjoy apples or grapes. In such cases, it may increase the secretion of stomach acid and it may make your throat symptoms worse. You don't have to eat apple and grapes after dinner.

***Exercise habits**

Those who have weak stomach need to move to digest well. If you are lethargic, do not exercise excessively. After you have finished your meal, take a rest and do a light aerobic exercise for 15 ~ 20 minutes. It is good for you to work out after dinner.

If you have weak energy and exercise for one hour a day, your stamina becomes weaker. When the gastrointestinal movement becomes weak, the food stays longer in your stomach and intestines. At the time of the meal, the appetite disappears. You are not able to take the good quality of nutrients from foods and accumulates waste. Because of this, people with weak stomach will have more muscle aches on the shoulders and back.

In summary, mild level of walking or deambulation helps you digest more than a lot of exercise.

***Acupressure for relieving stress**

If you have a lot of stress, you may have neurogenic dyspepsia and stomach diseases. Regular exercise helps to ease your mind. Here I will guide you to additional acupressure methods.

Every time you feel nervous, you have a psychological stabilizing effect if you press

your little finger under fingernail with your thumb nail. It is good for people who are easily nervous in an unfamiliar environment.

It is important to relieve mental stress if you are suffering from neurogenic dyspepsia, or insomnia, depression or panic disorder caused by gastrointestinal disorders. The basis of all stress is anxiety. Feelings of anxiety always come together like a good friend while we live.

Anxiety is an emotion that needs to be turned on by other actions such as listening to music, and other hobbies. It makes anxiety forgotten for a while, which is called conversion technique.

And when anxiety occurs, we sometimes do obsessive behaviors to alleviate this anxiety. For example, you can wash your hands repeatedly. This behavior is difficult, but postpone one hour, postpone tomorrow, postpone one month later, postpone one year later. Then you have the ability to control anxiety with your own strength. This is called postponement therapy.

Inquiry

email: hjcone36@gmail.com

facebook messenger: <http://www.facebook.com/hjomd>