

Reflux, indigestion, & regurgitation

Making sense of your symptoms: Simple to understand, helping you feel understood.

What is GERD? Gastroesophageal reflux disease explained

What separates GERD from everyday heartburn – and how to keep reflux in check.

nervahealth.com/post/what-is-gerd

What is functional dyspepsia?

Why upper gut symptoms persist when every test comes back normal.

nervahealth.com/post/functional-dyspepsia

Functional dyspepsia treatment: What actually works?

Which treatments actually help – and why indigestion keeps coming back.

nervahealth.com/post/functional-dyspepsia-treatment-what-actually-works

What is rumination syndrome?

The gut-brain disorder mistaken for reflux for years – and what finally resolves it.

nervahealth.com/post/what-is-rumination-syndrome

