



Heart Burn & GERD Tips

What to do about my heart burn or acid reflux?

If you're currently taking acid blockers your should know a few things.

New research shows that the solution to your GERD more than likely isn't acid blockers (Proton Pump Inhibitors - PPI's)!

These remedies do treat symptoms, but they don't do anything to address the cause. PPI's carry an FDA warning that they should not be used for more than 2 weeks or more than 42 days in the course of 1 year. I have actually met people that have taken them daily for years!

Here's what you need to know about heartburn or GERD:

PPI's DO block acid.

But..... Stomach acid is actually essential for the proper absorption of vital nutrient to maintain health!

Stomach acid assists in the breakdown of foods and absorption of the the foods into nutrients.

Without adequate levels foods just don't digest well, and it's this that creates the gas and bloating that can cause acid to reflux up into the esophagus and eating up your precious mucosal lining.

Low acid in the stomach also created the perfect home for bacterial invasion that is linked to digestive issues.

If high acid levels were the true cause of GERD, wouldn't you think that young people would be highly afflicted since they produce for digestive acid than older folks?

Low acid levels have been linked to:

- Altered gut environment resulting in immune system impairment.
- Low levels of B12, iron, calcium, and magnesium.
- Cognitive function and brain function impairment.
- Increase risk of risk of cardiovascular and kidney issues.

What are the triggers?

Low acid, obesity, insulin resistance, aging, inflammation, infection (H. Pylori), microbial imbalance, stress, diet (high refined carbs, high fructose, artificial flavors, high fiber foods that don't digest well), food sensitivities, medications.

What should you do?

- Reduce the factors that promote bacterial overgrowth and low stomach acid.
- Replace stomach acid, enzymes, and nutrients that aid digestion.
- Restore beneficial bacteria and a healthy mucosal lining in the gut.

The following is a list of foods that can relieve the symptoms of heartburn and GERD in many people:

(Note: If any of these foods bother you, see your practitioner):

- Apple cider vinegar
- Lemon juice
- Raw unpasteurized sauerkraut, and pickles
- Kefir and yogurt (if not sensitive)
- Kombucha or Kevita
- Bone broth

Lifestyle Habits:

- Avoid drinking lots of liquids with your meals.
- Avoid alcohol.
- Avoid eating too close to bed time.
- Eat slow and eat less.
- Take supplements WITH food.
- Avoid eating when stressed or rushed.

Foods to reduce when experiencing heartburn or GERD:

- High fat food
- Caffeine
- Chocolate
- Peppermint
- Carbonated beverages
- Alcohol
- Tomatoes
- Citrus

Remedies that can help with GERD symptoms:

- Digestive Bitters/Bitter Foods (dandelion, radicchio, arugula, bitter melon, cranberries, green tea)
- Caraway
- Dandelion
- Fennel
- Gentian
- Ginger
- Goldenseal
- Milk thistle
- Wormwood
- Yellow dock
- Turmeric
- DGL