

Natural Heartburn Treatment

When you eat at a buffet, do you consume just about all the food you can and worry about acid reflux or heartburn later? I see it all of the time, just about everyone I see at a buffet, church social or even a company potluck, loads their plate with more food than they stomach can handle at one time. This leads to pressure on the (LES) lower esophageal sphincter. When it stretches open, stomach acid refluxes up into the lower esophagus and causes heartburn.



The medical industry has brainwashed most people to believe that if you have heartburn or acid reflux, you have too much stomach acid and that causes heartburn. The usual treatment is the well known antacid tablets or some other over the counter remedy to quench their upset stomach. Or their doctor may prescribe an acid blocker drug.

The drugs - acid reducers or blockers - that doctors prescribe usually have a negative impact on your health. Your stomach must have an acid pH of 1.5 to 2.5. With acid blockers or reducers, your stomach pH can move to 3.0 and higher - this means less acidic. A pH of 3.0 or higher can lead to many health problems that will appear unrelated to your heartburn or reflux.

Heartburn, acid reflux or GERD occurs when the Lower Esophageal Sphincter, LES, opens when it shouldn't. When this happens some stomach acid and digested food slips back into the esophagus. This will give you a burning sensation, since the esophagus lining is not design to be exposed to acidic stomach contents. Unfortunately, people with *reduced* acid levels frequently suffer from what they assume is *elevated* stomach acid (heartburn, bloating, nausea, frequent burping), and subsequently take acid-lowering drugs or remedies. This only encourages the proliferation of the bacteria, H. Pylori, which increases the risk of an individual developing peptic or duodenal ulcers, pancreatic/gastric cancer, and mucosa-associated lymphoid tissue (MALT) lymphoma.

H. Pylori infections can also lead to some forms of arthritis (calcification, spurs), iron-deficiency anemia, and Vitamin B12 deficiency that may develop as a result of lowered stomach acid levels and damage to parietal cells which produce the intrinsic factor. H. Pylori is further implicated with heart disease/arteriosclerosis, atrial fibrillation, asthma, rosacea, gum disease, and chronic headaches or migraines.

If you ever get acid reflux or heartburn, the burning sensation, stomach pain, bleaching, and discomfort will make you look for a heartburn treatment. Here is a list of eating practices that you should follow, if you want to be free of heartburn and digestive problems.

The most important "first step" is to heal the tissue of the damaged stomach lining and the esophagus. That involves adopting a healthy diet, moderate food intake and adding whole-food supplements to accelerate the healing process and calm down the irritation caused by putrefied undigested food.

Heartburn treatment with digestive enzymes

Just before you eat, take 2 - 3 digestive enzymes to help you digest your food. You don't want undigested food to stay in your stomach too long or it will decompose, create gas and turn into an acid source. And, if this undigested food continues to get into your colon over time, it can create colon cancer.

Heartburn treatment with water

Limit the amount of liquid you drink when you eat. Drinking excess water dilutes your stomach acid and low pH is essential in order to digest your food. If you do drink liquid, use room temperature water, since cold water slows down your digestive process.

Heartburn treatment - eat less sugar

Limit your consumption of sugar when you eat. Sugar has no nutritional value and causes calcium to go out your urine. In addition, other minerals are used up during its digestion. For sure don't drink soda or other sweet drinks during your meals.

Heartburn treatment - watch how you eat fruit

After you eat, don't eat any fruit. Your stomach is busy digesting the food you just ate. Eating fruit will cause the fruit to remain in your stomach too long, waiting to be digested and will start decaying, create gas, and will become acidic.

Heartburn treatment by using a good diet

Don't stuff yourself at the dinner table. When you eat too much food where you combine meat, carbohydrates, sugar, sodas, fats, and processed foods, the food your stomach cannot digest turns into acid. This acid creates gas and can put pressure on a weak LES causing it to open.

A weak LES can be caused by eating too much acid food. It can be caused by mixing too many different foods during a meal. A balanced diet, which contains alkaline and acid food keeps your LES strong and will not open when you occasionally eat more food than you should.

These are just a few heartburn treatments that can help you keep heartburn free. Your stomach needs strong acid to digest your food. Using antacids, acid reducers or blockers or other medication goes against the nature of your stomach. Without an acid stomach, you will become susceptible to a numerous diseases and a weak LES valve.

For a comprehensive evaluation and treatment protocol contact our office. We will be glad to assist you in overcoming this nagging recurrent problem many people have. **REMEMBER, ANTACIDS AREN'T THE ANSWER.**

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