

# Acid Reflux

Acid reflux, heartburn or reflux esophagitis, indigestion, feelings of fullness, bloating or gaseousness are all consequences of impaired digestion, not a deficiency in a drug. Acid reflux is considered by most who are afflicted with it, as an excess of stomach acid when in fact it is usually due to a deficiency of hydrochloric acid or overeating, especially meat, fried foods, chocolate, alcohol, coffee and sodas.

Gastric juices of the stomach have an optimal pH range between 1.5 and 2.5 primarily made up of hydrochloric acid and pepsin. The very necessary acid medium of the stomach not only enables effective transport of minerals and digestion of protein but also facilitates the destruction of pathogens entering the digestive tract and protection from helicobacter pylori (H. pylori). Ninety percent of people with duodenal ulcers and seventy percent with gastric ulcers test positive for H. pylori. Low gastric juice (hydrochloric acid) production is thought to encourage H. pylori colonization and H. pylori increases gastric pH thereby setting up an environment for their perpetuation and perpetuated acid reflux. In this light, it would seem impractical to use an antacid to solve the problem of acid reflux when it is usually a misunderstanding of the cause. Using antacids tend to make the problem worse, even if they provide temporary relief.

Millions of people use over-the-counter antacids for symptoms of acid reflux, raising the pH of stomach acid above 3.5. This abnormal stomach pH allows undigested protein to move into the small intestine. What's more, the pH of the dump from the stomach may not be sufficiently acidic to trigger release of pancreatic enzymes from the pancreas such as protease, amylase and lipase. The typical SAD (Standard American Diet) has already stretched the envelope of capacity for the human pancreas resulting in digestive complications which contribute to other health problems such as arthritis, diabetes, heart disease, immune and skin disorders to name a few.

Drugs commonly used to combat acid reflux often cause a "rebound effect" as the stomach attempts to overcompensate for the neutralization of its own secretions; pepsin and hydrochloric acid. Three to four hours after antacids are used; the stomach begins secreting even more acids but without food in the stomach, this can cause more discomfort.

Nutritional practitioners understand that most often, the problem of acid reflux is not too much acid, but rather a lack of acid. Hydrochloric acid supplements and/or pancreatic enzymes and special herbal formulas are recommended in addressing acid reflux. Rather than blocking the natural digestive process with antacids, the logical approach focuses on aiding digestion and reducing digestive stress by eating less, cutting back on animal protein, fried foods, refined sugars, refined carbohydrates, "foods" produced in boxes, packets, cans and jars, "foods" void of enzymes and laden with chemicals, hydrogenated oils, preservatives, artificial flavors, thickeners, stabilizers, colorants. Eating foods that self-digest such as raw, fermented foods such as salads, raw vegetables, raw nuts, grains, seeds, sprouts, seed cheeses and legumes that have been soaked before cooking, will greatly relieve the digestive burden. Food combining can also de-stress the digestive system. Eat only fruit until noon and thereafter salads and vegetable dishes. If you do eat animal protein, be sure not to combine proteins with simple carbohydrates such as rice, potatoes and bread, in the same meal. Combine either protein and vegetables, or carbohydrates and vegetables.

Strive to support the body's healing process with nutritional supplements that are free of any toxic agents like stearic acid (hydrogenated oil), magnesium stearate (hydrogenated oil), silicon dioxide (sand) and talcum (a suspect carcinogen) all used to aid encapsulation and tableting. JH Wellness provides excipient free supplements. In addition to dietary modifications, acid reflux can be helped by using *Quantum Betaine Hydrochloride together with HCL Activator*, a natural source of HCL and potassium, *Quantum Stomach Complex*, and *Quantum Digest*. Many people overcome acid reflux by also shifting whole-body pH toward the healthy range of 6.4 – 7.0 measured by first morning urine. *Quantum Coral Complex* or *Quantum Trio* are the preferred nutritional tools to shift body pH.

## References:

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