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"REFLUX GONE FOREVER!"

**CURE
ACID RELFUX
GERD & HEARTBURN
FOREVER!**

The Natural and Easy Way

Charles Stewart Richey

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INTRODUCTION

I have been a victim of heartburn, indigestion, acid reflux and GERD for the past twenty years. I have tried every drug on the market; from chewable antacids to H2 Blockers and proton pump inhibitors. I have found that these things only cover up the condition and ultimately make it worse. They treat the symptoms - they do not cure the condition.

I prefer naturopathic treatment to drugs and have searched high and low for natural remedies that can actually cure acid reflux. I have tried every possible treatment that exists, short of voodoo. I have done extensive research on the use of herbs, diets, home remedies, exercise, therapeutic techniques, meditation, folk cures – you name it! I have virtually been a guinea pig for twenty years in order to write this booklet. I have spent thousands of dollars and invested hundreds of hours of my time to gain this knowledge. Now you can benefit from all my research and experience without spending the time or the money.

At least 50 million Americans have heartburn at least once a month and half that number experience heartburn n every day. Heartburn pain is the result of the splashing up of fluids from the stomach into the esophagus. These stomach fluids are composed of hydrochloric acid (HCL), pepsin and occasionally bile from the liver. Stomach fluid helps break down the food we eat so that it can be digested. The hydrochloric acid in the stomach fluid helps prevent harmful bacteria from multiplying in the stomach and intestines. Although hydrochloric acid also helps the body absorb vitamins and nutrients, it is very strong and corrosive. The stomach holds this powerful acid in check with a special protective lining. The esophagus, however, does not have this protection.

It is when acid splashes up through the lower esophageal sphincter (LES) into the esophagus that we have the problems of heartburn and GERD (gastroesophageal reflux disease).

As food travels from the mouth down to the stomach, the LES opens and allows food to enter the stomach. Then it narrows and closes, and restricts the food from returning up into the esophagus. When the LES is not operating properly and opens when it should not, hydrochloric acid and other stomach fluids splash up into the esophagus. This causes the burning sensation called heartburn.

People who experience heartburn two or more times a week may be suffering from gastro esophageal reflux disease (GERD). This condition can be quite serious, as it can in the long run allow stomach acid to erode the tender esophagus lining. This condition is called

esophagitis and can cause scar tissue to form, which constricts the esophagus, making it difficult to swallow food, pills and even water.

GERD has also been known to cause asthma and hoarseness. The strong acid can even erode the teeth. It has been described as stronger than the acid in the battery of your car. If left untreated, GERD can develop into Barrett's esophagus, which is a precursor to cancer of the esophagus, throat and larynx.

Acid reflux is not really a disease, as some drug company ads would have you believe. It is simply a "condition" which can be healed. It is a condition which we, ourselves have created by abusing our bodies with the wrong eating habits. There is no "magic pill".....drugs are not the answer. Drugs only address the symptoms, not the cure. Drugs interfere with the absorption of vitamins and calcium. They shut down proper digestion, therefore causing malnutrition. The list of possible side affects from the PPI drugs is endless and terribly frightening! It includes the following:

The most common side effects of these drugs are headache, diarrhea, and abdominal pain.

Body as a Whole: abdomen enlarged, allergic reaction, asthenia, back pain, chest pain, chest pain substernal, facial edema, peripheral edema, hot flushes, fatigue, fever, flu-like disorder, generalized edema, leg edema, malaise, pain, rigors; Cardiovascular: flushing, hypertension, tachycardia; Endocrine: goiter; Gastrointestinal bowel irregularity, constipation aggravated, dyspepsia, dysphagia, dysplasia GI, epigastric pain, eructation, esophageal disorder, frequent stools, gastroenteritis, GI hemorrhage, GI symptoms not otherwise specified, hiccup, melena, mouth disorder, pharynx disorder, rectal disorder, serum gastrin increased, tongue disorder, tongue edema, ulcerative stomatitis, vomiting; Hearing: earache, tinnitus; Hematologic: anemia, anemia hypochromic, cervical lymphadenopathy, epistaxis, leukocytosis, leukopenia, thrombocytopenia; Hepatic: bilirubinemia, hepatic function abnormal, SGOT increased, SGPT increased; Metabolic/Nutritional: glycosuria, hyperuricemia, hyponatremia, increased alkaline phosphatase, thirst, vitamin B12 deficiency, weight increase, weight decrease; Musculoskeletal: arthralgia, arthritis aggravated, arthropathy, cramps, fibromyalgia syndrome, hernia, polymyalgia rheumatica; Nervous System/Psychiatric: anorexia, apathy, appetite increased, confusion, depression aggravated, dizziness, hypertonia, nervousness, hypoesthesia, impotence, insomnia, migraine, migraine aggravated,

paresthesia, sleep disorder, somnolence, tremor, vertigo, visual field defect; Reproductive: dysmenorrhea, menstrual disorder, vaginitis; Respiratory: asthma aggravated, coughing, dyspnea, larynx edema, pharyngitis, rhinitis, sinusitis; Skin and Appendages: acne, angioedema, dermatitis, pruritus, pruritus ani, rash, rash erythematous, rash maculo-papular, skin inflammation, sweating increased, urticaria; Special Senses: otitis media, parosmia, taste loss, taste perversion; Urogenital: abnormal urine, albuminuria, cystitis, dysuria, fungal infection, hematuria, micturition frequency, moniliasis, genital moniliasis, polyuria; Visual: conjunctivitis, vision abnormal. Endoscopic findings that were reported as adverse events include: duodenitis, esophagitis, esophageal stricture, esophageal ulceration, esophageal varices, gastric ulcer, gastritis, hernia, benign polyps or nodules, Barrett's esophagus, and mucosal discoloration.

No one even knows what harmful effects the long-term use of these drugs will have on the human body. It is just not worth taking the chance when one can cure this condition, called acid reflux, in a natural and safe way.

Many of you want to discontinue the use of PPI drugs like Nexium, Prilosec and Prevacid, as I did. It can be very difficult due to the fact that after disabling the "acid pumps" (Fundic Glands) by using these drugs, once turned back on, they come back with a vengeance! They produce more acid than ever, thus causing a problem greater than the one that the drug originally treated. At this point, one must employ everything in their power to overcome this attack and make the healing transition back to health. I did it successfully and you can do it too!

To heal yourself will, at first, require some simple changes in lifestyle. A little self-discipline is required until this condition goes away. The human body is truly miraculous. It will heal itself if given half a chance. In this booklet, I will show you how to heal yourself.

WHAT CAUSES HEARTBURN?

Heartburn can occur after eating a big meal. Eating a Large meal can overfill the stomach and force acid up through even a tight LES. **One should not recline within three hours of eating!** This too, can trigger heartburn. Bending over to lift something or pick something up can cause pain in the chest.

Always wear loose clothing! Tight clothing puts pressure on the abdomen, which can relax the LES, thus allowing the reflux of acid from the stomach up into the esophagus.

Everyone is different and reacts to food in unique ways. Problem foods vary from person to person. Only through trial and error can one determine which foods one should avoid. The following are the most common.

Foods and drinks to avoid include:

- * Citrus fruits & juices (except lemons)
- * Dairy Products (fat-free can be tolerated better)
- * Chocolate
- * Tomatoes and tomato based sauces (some people tolerate raw tomatoes)
- * Raw onions
- * Raw Garlic
- * Vinegar (apple cider vinegar can be beneficial, as explained later)
- * Fatty and fried foods
- * Spicy foods
- * Simple carbohydrates (from white flour)
- * Mint & mint flavorings
- * Carbonated beverages
- * Alcohol (red wine & beer are the worst)
- * Coffee

Other things that may contribute to heartburn

- * Overweight
- * Pregnancy
- * Hiatal hernia
- * Stress

- * Abuse of over the counter and prescription drugs
- * Smoking
- * Eating too fast
- * Not chewing food properly

Vinegar is, of course, acidic and some people should avoid it completely, yet others find it helpful in fighting acid indigestion. You have to decide for yourself. To be on the safe side, try making salad dressings with lemon juice. It becomes alkaline in the stomach. **AVOID VINEGAR!** Avoid condiments made with vinegar.

There are those who actually do not produce enough hydrochloric acid (HCL) to digest their food properly. The condition is called hypochlorhydria. These people need additional acid. Apple cider vinegar and honey, diluted with a small amount of water can help with this problem. Make sure that you use a good quality vinegar and natural honey. Some people swear that raw apple cider vinegar mixed in water will aid in digestion no matter what your acid situation is like. One can only give it a try to find out if it is right for them.

Digestive aids containing hydrochloric acid (betaine HCl) are available in health food stores. We are, however, not addressing this particular condition in this book. If you are experiencing GERD, then you most likely have no lack of stomach acid, and suffer from a condition called hyperchlorhydria. Hyperchlorhydria is a condition in which one produces too much HCL. This is the condition, which we are addressing. Adding more acid would only compound the problem.

It is very important for you to know which condition you suffer from. There is a simple test that you can perform to determine whether you produce too much or too little stomach acid. In the morning, before eating or drinking anything except water, dissolve ½ teaspoon of baking soda in a glass of cold water. After drinking this solution, if you belch within five minutes, you probably produce sufficient HCL. If you belch quickly and repeatedly, it would suggest that you produce excessive HCL. If you do not belch within five minutes, then you most likely do not produce enough HCL. There are tests that a doctor can administer to confirm whether you produce insufficient amounts of HCL. Hypochlorhydria is a very serious condition, which can lead to autoimmune and degenerative diseases.

Dairy products such as milk contain fats, proteins and calcium, all of which can stimulate the stomach to excrete more acid. **DON'T DRINK MILK!** Although milk has a soothing effect on heartburn, it does make it worse when it hits your stomach.

Chocolate is composed of mostly fat. It also contains caffeine and compounds, which relax the LES. It could well be the worst culprit when addressing causes of heartburn. **NO CHOCOLATE!** White chocolate, however, does not contain caffeine and these compounds, but plenty of fat.

Spicy and fried foods often trigger heartburn. Fried foods and spicy foods are acidic by nature and therefore difficult to digest. **NO FRIED OR SPICY FOODS!**

In overweight people the abdominal fat puts greater pressure on the stomach, forcing acid and food upward. **LOOSE WEIGHT!** Pregnancy also increases pressure in the abdomen and hormonal changes may increase the incidence of heartburn by relaxing the LES.

HIATAL HERNIA can occur when a portion of the stomach moves above the diaphragm. This condition may allow acid to flow back into the esophagus, causing heartburn. The diaphragm helps the LES keep acid from coming up into the esophagus. When a hiatal hernia is present, it is easier for the acid to back up. Therefore, a hiatal hernia can cause acid reflux. A hiatal hernia can occur in people of any age; many otherwise healthy people over 50 have a small hiatal hernia. Forcing yourself to regurgitate can cause hiatal hernia. **DON'T THROW UP!** Binge eating often is often the cause of hiatal hernia. People who are concerned about their weight sometimes regurgitate what they have eaten.

Proton pump inhibitors (PPI) like Nexium and Prilosec actually shut down the manufacture of hydrochloric acid in the stomach. This not only stops the stomach from doing what it is supposed to be doing, I have found that when I attempted to stop taking these drugs, my stomach rebelled and made much more acid than was normal (the rebound effect). This forced me to continue with the drugs. I was being held prisoner by these drugs! It was only when the PPI dosage I was taking stopped working that I became determined to quite rather than increase the dosage, despite my doctor's advice.

I am happy to say that today I am drug free. I have licked this problem...no more expensive "purple pills" for me. **BE DRUG FREE!** By incorporating into your lifestyle the information that I provide in this report, you too can win the battle over prescription drugs for acid reflux.

Stress is a killer. I believe that stress causes more disease than any other contributing factor. Always try to eat your meals in a quiet stress-free environment. The more peaceful the atmosphere, the better your digestion will be. Be sure to rest a while after eating in an upright sitting position, or take a leisurely walk. It takes a tremendous amount of energy from the body to digest a meal. Give your body a break. Let it do its job. **RELAX!** Later on in this booklet, I will give you a simple exercise to reduce stress. Being peaceful and balanced can really change your life for the better. It is a known fact that stress

can contribute to both hyperchlorhydria, as well as hypochlorhydria.

Smoking is not good for anything, much less proper digestion. Smoking creates a condition of acidity in the entire body and relaxes the LES. If you want to cure your acid indigestion, you must create a more alkaline environment in which to digest your food. **STOP SMOKING!**

In order to digest food properly, it must be chewed well. Not only does this make the process of digestion function more easily, it incorporates more saliva into the food. Saliva has the ability to neutralize stomach acid. The more you chew, the more saliva you will manufacture, thus allowing the stomach to be more alkaline in nature and digestion to work more smoothly. **CHEW YOUR FOOD!** Most people eat on the run. They eat the wrong foods and eat them too fast and never chew their food completely. It's no wonder that controlling the symptoms of acid reflux has become a 7 billion dollar a year business. **EAT SLOWLY!**

A leading University study found a connection between eating carbs and experiencing GERD. It is possible that carbs, which increase insulin output, may cause the LES to relax, therefore allowing acid to reflux. I have found that eating bread and pasta increases my chances of heartburn 2 to 1. **CUT DOWN ON SIMPLE CARBS!** Complex carbs, like whole grains are better.

Carbonated beverages of any kind can cause acid reflux to occur. Those tiny bubbles expand the stomach, exerting pressure on the LES, having the same effect as overeating. **NO CARBONATED DRINKS!**

Alcohol relaxes the LES. If you must have a drink, limit it to only one or two. Red wine contains tannin, which is highly acidic. It is best not to drink anything with meals, as liquid of any kind dilutes the digestive juices in the stomach, thus impeding proper digestion. **LIMIT ALCOHOL!** Red wine and beer are the worst offenders.

As I will repeat in this book, it is very important to drink plenty of water each day between meals and one glass after each meal. The rule of thumb is the "8 X 8 rule". Drink eight 8 ounce glasses of water a day (about 1.9 liters). If you live in a warm climate area, you should drink more. The more you perspire, the more water you should drink. With exercise, the body demands more water. It's a matter of common sense, but the "8 X 8 rule" is a good basic to go by. **DRINK PLENTY OF WATER!** Water helps rid the body of toxins and allows the body to expel acid naturally.

Coffee is extremely acidic and most people should avoid it at all costs. Coffee may relax the LES by reducing the pressure necessary to keep it closed. Some people can tolerate coffee. You should experiment and determine how coffee affects you, but in most cases, it should be avoided. **NO COFFEE!** Coffee stimulates

the hypersecretion of gastric acids. Both caffeinated and decaffeinated coffee exacerbate gastroesophageal reflux.

HOME REMEDIES

Baking soda, water and lemon juice

This home remedy is probably the most used with the greatest success for the temporary relief of heartburn. In a tall glass put two tablespoons of baking soda. Fill the glass half full with cold water. Pour the juice of one fresh squeezed lemon in to the baking soda solution. You'll be amazed at what happens. I would suggest that you perform this procedure over the kitchen sink, as the fizzing of this solution will flood over the glass. Try to drink this as quickly as possible, as it is the fizz and water that will relieve your heartburn. Be warned that this remedy produces sodium in the system. If you suffer from hypertension, it is not advisable to over use this remedy. A few Tums would be a safer choice.

Raw Potato Juice

Wash a potato well (preferably organic). Do not peel the potato. Juice the potato and mix the juice with an equal amount of water. Drink immediately. Do this three, or four times a day as needed. Potato juice has been used for centuries to make the stomach more alkaline. Before the advent of juicers, the potato was simply allowed to stand in water for several hours before drinking. The juicer method is much more potent. Try it. You will definitely benefit from this home remedy.

Celery and cabbage Juice

Celery and cabbage are both very alkaline in nature. The more alkaline you can become, the less you will be prone to acid indigestion. Of course a juicer is required to make this drink as well as potato juice. I juice celery and cabbage together every day. Be sure to drink it freshly made. You be amazed at how good this makes you feel.

Papaya & papaya juice

Eat a fresh papaya with your meals. Papaya contains papain, which has a soothing effect on the stomach and aids in the digestion of protein. Papaya is also loaded with beneficial vitamins and minerals. I sometimes juice several papayas and drink it as an afternoon treat. Papaya is very alkaline, as well. You can also take papaya enzyme in a chewable tablet form. Nature's Plus makes an excellent product called Papaya Enzyme.

Bitters

In Europe it is customary to drink bitters after a big meal. Bitters contain herbals that aid in digestion. They also contain a little alcohol. Bitters can be taken in tablet form as well. Taking bitters has been known to help some people avoid the start of heartburn. Bitters are usually beneficial to those who have lower stomach acid (hypochlorhydria). It is believed that Bitters stimulate digestive function by increasing saliva, stomach acid and digestive enzyme production. If you suffer from too much acid (hyperchlorhydria), bitters could exacerbate the problem.

Gingerroot

Fresh ginger, which is sold in every grocery store, has been used for centuries to aid in indigestion. It seems that ginger has the ability to absorb acid. It has a side benefit of calming the nerves, as well. Ginger may be eaten raw or taken in capsule form just after a meal. Start with one capsule and work up to more, as needed. I snack on candied ginger, which I buy at the health food store.

HERBS THAT AID DIGESTION

Slippery Elm, Bladderwrack, Marshmallow, Ginger and *Licorice* belong to a category of herbs and spices called Demulcents. These herbs aid digestion by decreasing inflammation and by soothing the affected areas. They form a protective barrier against stomach acid and other digestive irritants.

Powder forms of these herbs can be purchased in bulk or in capsule form at a good health food store. A tea can be made from all of the above. Mix boiling water with Slippery Elm powder (a ratio of 1 powder to 10 water). Wait until it cools before drinking. This thick tea can be kept in a jar and refrigerated, ready for instant relief. Marshmallow and Bladderwrack can be used in the same way. There is a great product called ***ACID-FREE***, which is available in health food stores. It contains slippery elm and marshmallow. Just take two capsules before eating.

Ginger is a spice that is available in capsules at health food stores. Take two capsules with meals. As I mentioned earlier, candied sulfur-free ginger is a wonderful snack. I carry it in my car at all times just in case I eat something that disagrees with me. Ginger has the ability to absorb acid and can be beneficial in fighting all digestive problems.

Licorice is available in many forms; however, I prefer chewable tablets made by Enzymatic Therapy called **DGL** (deglycyrrhizinated licorice). Licorice naturally contains a compound called glycyrrhizin that has cortisone-like effects, which can cause high blood pressure. When the glycyrrhizin has been removed, licorice root retains its beneficial qualities. It increases the production of mucin, which protects the intestinal lining from acid and other irritants. Chew two tablets 20 minutes before each meal.

Chamomile, Fennel seed, Lemon Balm and **Turmeric** belong to a group of herbs called Carminatives. They are primarily valuable when there is excessive gas, bloating and spasms in the intestinal tract, but are also valuable in treating all digestive ailments. These herbs can be used as teas or in powdered capsule form. Chamomile tea is used primarily to soothe inflamed mucous membranes in the digestive tract. Because acid reflux irritates the lining of the esophagus, the anti-inflammatory agents in chamomile can be very useful. Drink this tea between meals.

Lemon Balm tea had been traditionally used for indigestion. Steep 2 -3 teaspoons of dried leaves in hot water for 10 to 15 minutes in a closed container, like a jar. I grow lemon balm in my herb garden. Every summer I have a fresh supply. The infusion can be made with dried or fresh leaves. It can be consumed hot or cold. Store the tea in the refrigerator. Take immediately after meals for best results.

Cumin has been used to treat indigestion since ancient Roman times. Place cumin seeds in boiling water and let steep until it cools. Strain and drink the liquid and then eat the seeds. Cumin seeds can be roasted and added to foods like steamed vegetables. I sprinkle ground cumin on steamed vegetables. It's delicious and helps in digestion.

Picrorhiza (Kurroa, Kutki, Katuka), considered an herb, has been used in India for centuries to relieve many ailments including indigestion. The rhizomes (underground stems) of picrorhiza are dried and ground to a fine powder. This herb acts as a powerful anti-inflammatory, thus it is very useful for treating the irritation in the throat and esophagus due to acid reflux. Between 400 and 1500 mg of powdered picrorhiza in capsule form should be taken each day. Be warned that this herb may cause loose stools.

Meadowsweet, a perennial English wild flower, has been used for ages to treat indigestion. Its potent anti-inflammatory powers make it an important candidate

for your arsenal of natural products to fight acid reflux. It can be taken in several forms including tinctures, liquid extracts and tea. Meadowsweet is truly a superb remedy for the upper digestive tract. Ironically, it is hard to find. I had to special order it at my health food store.

Potter's Acidosis, which is popular in the United Kingdom, contains meadowsweet, medicinal charcoal and rhubarb. I have found that it works well, if taken regularly, for mild cases of indigestion and heartburn. One word of caution; charcoal can absorb vitamins, minerals and pharmaceuticals, as well as stomach acid. This remedy is not available in the US, however, it can be purchased online and shipped from England.

DIGESTIVE ENZYMES

Cooked and, or processed foods, are void of digestive enzymes. We need enzymes to properly digest and assimilate our food. Supplementing with digestive enzymes is very important in establishing healthy digestion. As our bodies age, we lose the ability to manufacture enough enzymes to properly digest our food. Digestive enzymes speed up the digestive process. They are essential to life. Choose a potent formula with a broad spectrum of enzymes, including the following: Protease, Acid Protease, Amylase, Lipase, Cellulase, Lactase, Papain and Bromelain. Ask your health food store sales person to advise you as to which product will fit your specific needs. Some people cure their acid reflux by simply taking a combination of digestive enzymes and probiotics.

PROBIOTICS

Probiotics are live microbes which one takes in capsule form as a food supplement. Probiotics encourage the growth and colonization of healthy bacteria in the intestines. Healthy gut flora is essential to proper digestion.

A common side effect of antibiotics is diarrhea caused by the death of friendly, protective bacteria. These good bacteria protect us from dangerous pathogens multiplying out of control. Since pre-Christian times, fermented dairy products like yogurts have been consumed in order to keep the body healthy.

There are over 400 distinct species of intestinal flora. This flora makes up approximately 4 pounds of the average person's body weight. They affect the state of physical and mental health in everyone. Good gut flora stimulates healthy digestion and is essential for life.

The typical diet of foods that cause indigestion, heartburn and GERD is the same diet, which destroys the delicate balance of the gut flora. The culprits include carbonated drinks, meat, fatty foods, sugar and all processed foods. You can easily see the connection between digestive problems and gut flora. Daily supplementation of probiotics is essential to digestive health and can aid in defeating acid reflux.

*Yogurt is a great source of good bacteria. Most yogurt provides ample beneficial bacteria such as *L. Acidophilus*. Dannon has a product called **ACTIVIA**, which contains *Bifidus Regularis*, which many people claim has ended their acid reflux condition for good.*

There are many products on the market that combine digestive enzymes and probiotics, making supplementation simple and easy.

ALOE VERA *NATURE'S MIRACLE*

Aloe has been called the “burn plant”. For centuries it has been used to put out the fire externally from sunburn to fire burns. Now, with the advent of aloe juice, we can successfully put out the fire in our throat, esophagus and stomach. Aloe has the ability to detox the entire body, as well as help heal the lesions and irritated tissue caused by acid reflux.

In Spanish speaking countries, aloe leaves are peeled and the fresh clear meat of the plant is eaten as an aid to the digestive tract. You can find aloe leaves in some large super markets, particularly where there is a Spanish speaking population. It is much easier to buy the liquid at your health food store. Keep it in the fridge and drink a glass at least twice a day on an empty stomach.

Aloe can also be taken in capsule form called **AMP** (aloe mucilaginous polysaccharides). AMP is the stabilized healing agent that is extracted from the plant and made 1000 times more potent than juice from the natural aloe leaf. It requires 8 gallons of aloe vera juice to make one ounce of AMP. It is then carefully processed into powder form and put into capsules. Imagine everything that aloe juice can do for you being magnified 1000 times by taking AMP. It is available for purchase on the web.

ORANGE PEEL EXTRACT

Orange peel extract, also called d-limonene, gives relief from heartburn and acid indigestion. It has the same effect of many over-the-counter antacids, except it does not inhibit protein digestion or reduce mineral absorption. It also does not shut down or disrupt the acid pump system in the stomach. It should, however, be taken with caution, as it shares some of the properties of ma huang (Ephedrine). Adhere to the dosage instructions and monitor yourself carefully.

Orange peel extract should be standardized to contain 98% pure d-limonene and taken in 1000 mg doses every other day. Take for 20 days and then for occasional heartburn. After the 20-day period, most people experience a vast improvement of heartburn symptoms. Many become heartburn free after the initial period. Anything that relieves heartburn, lessens the affects of GERD, so this is certainly worth trying. Do not take this product if you suffer from ulcers or if you are pregnant or nursing. Enzymatic Therapy makes an excellent product called *Heartburn Free!*

COLOSTRUM

Colostrum is the pre-milk fluid produced from the mammary glands of cows during the first 24 to 48 hours after giving birth. Colostrum protects the new born calf from disease by boosting the immune system. While there is no current proof that it has the same effect on different species, it is said to aid in the digestive process and have strong healing powers. Many people swear by it and claim that it has helped their acid reflux. Try it and see for yourself. Take 1000 to 4000 mg of freeze-dried colostrums per day. I have found both bovine and goat colostrums in health food stores.

COLLOIDAL SILVER

Colloidal silver is the universal antibiotic. If harmful bacteria is part of the cause of one's acid reflux, the right kind of colloidal silver can make recovery much easier. I have seen people take a tablespoon of this liquid twice a day and resolve their acid reflux problems. It must, however, be the right kind of colloidal silver. A true colloid of silver consists of 100 ppm (parts per million) of monatomic particles of pure silver suspended in pure distilled water with no stabilizers, additives or proteins added. I have found only one source of this type of colloidal silver. A company called Earthborn Products produces it and can be found on the internet.

ANTI-YEAST FORMULAS

Candida is yeast that resides in the digestive system, which has the ability to become a fungus. This yeast is a parasite, which produces over 70 toxic substances that constantly poison the human body. Friendly bacteria usually keep candida in check; however, antibiotics, birth control pills, cortisone, recreational drugs, alcohol and unhealthy diets can destroy that delicate balance. If the friendly bacteria are weakened or destroyed, the candida will take over the digestive system and become a fungus. The fungus develops into something like a plant with roots, which grow through the mucus lining of the gastrointestinal wall, thus wreaking havoc on the entire digestive system. Acid reflux can be one of many symptoms of an unchecked yeast infection.

I take a formula called *Yeast Fighter*, made by Twin Labs, just to be on the safe side.

DIET & WATER

Following a disciplined diet is essential in managing heartburn, acid reflux and GERD. I have covered many things which one shouldn't eat or drink in the chapter entitled "*WHAT CAUSES HEARTBURN*"? Now I would like to address what is considered to be a healthy diet for people who suffer from acid reflux. Historically, low fat diets have been stressed because fatty foods are difficult to digest and have a tendency to relax the LES, causing acid reflux. Of course, being over weight accomplishes that too. I strongly suggest a diet that is predominately made up of alkaline raw *fruits*, steamed or raw *vegetables* and healthy grains like brown rice, millet, quinoa and amaranth. *Fiber* is very important consideration in an acid reflux recovery diet. The more fiber you eat, the better, unless you suffer from irritable bowel syndrome. Fiber absorbs excess acid and allows the body to rid itself of toxins more quickly. If you can't tolerate fiber in vegetable or grain form, fiber pills and drinks are available. Meat of any kind should take a back seat to fresh vegetables and grains, at the dinner table. Fruits should be eaten 15 or 20 minutes before other foods to avoid indigestion. Remember that alkaline fruits can become acidic when cooked. They should always be eaten raw.

Instead of cow's milk, I have found that soy milk is a wonderful replacement. It can be used in baking, with breakfast cereal and as a refreshing drink. Please remember that eating at least three hours before bed is essential. Chewing food thoroughly and slowly in a peaceful atmosphere will make digestion easier. These considerations are just as important as the quality of the food you eat.

It is very important to drink plenty of water each day between meals and one glass after each meal. The rule of thumb is the "8 X 8 rule". Drink eight 8 ounce glasses of water a day (about 1.9 liters). If you live in a warm climate area, you should drink more. The more you perspire, the more water you

should drink. With exercise, the body demands more water. It's a matter of common sense, but the "8 X 8 rule" is a good basic to go by. **DRINK PLENTY OF WATER!** Water helps rid the body of toxins and allows the body to expel acid naturally.

Add **Coconut Oil** to your diet. Use it for cooking vegetables. Coconut oil has the ability to destroy the very bacteria that cause indigestion. It burns quickly to give instant energy and is never stored as fat. It can be a valuable weight loss tool, however, be warned this fat is very highly saturated. If you try coconut oil, make sure that you use a good quality product, which is 100% virgin coconut oil with no preservatives or additives. Use it sparingly.

Another important addition to your new diet should be **Kukicha Twig Tea**. This gently roasted twig tea from Japan has been used for digestive problems for centuries. Kukicha tea produces an alkaline effect in the stomach. It is considered the most mellowing of teas in Japan. It's a great replacement for morning coffee. You start your day off alkaline rather than acidic. Try it. It's delicious!

Many people benefit from eating **Honey** mixed with **cinnamon**, particularly just before going to bed. Taken on an empty stomach, honey has the ability to reduce acidity and aid in digestion. Take a teaspoon of honey sprinkled with cinnamon before eating a meal, or whenever you experience acid reflux. I have a friend who dips a chopstick into a jar of honey anytime he feels the need to sooth his stomach. For him, honey and chewing gum control his acid reflux.

Chew gum between meals. Chewing produces saliva and it is very alkaline when it enters the stomach blending with digestive acid. You can cut the amount of acid in your stomach significantly by chewing gum before you eat.

Never eat just before exercise, as it will aggravate your GERD condition. Studies have shown that GERD occurs more frequently during exercise. Swimming and running produce more acid reflux than less jarring activities like riding a bike or taking a walk. Always remember to burp right after eating. Although it is a social no no, burping releases the pressure from stomach gas.

Combining food properly is an important consideration when attempting to reverse the affects of acid reflux. It is important to remember these simple rules: Food which are starchy need alkaline digestive fluids to break them down. This is mostly supplied in the mouth while chewing. In saliva there is an enzyme called ptyalin which accomplishes this task. On the other hand, proteins require hydrochloric acid, which is produced in the stomach. Needless to say, if you eat starchy foods like potatoes and protein foods such as meat, together, the digestive mediums will cancel each other out, causing indigestion. Ideally, these foods should be eaten separately.

Protein foods like meat, cheese and lentils, should be combined with green and low starch vegetables like spinach, brussel sprouts and asparagus. Melon should always be eaten alone. Bananas are digested in the mouth. If eaten too quickly without chewing well and mixing with saliva, bananas will ferment in the stomach, causing indigestion. There is a science to proper food combining. We should all make an effort to educate ourselves about it, so we will, at least, know why we have indigestion.

ELEVATE YOUR HEAD IN BED

It's a matter of common sense that by raising the head higher than the LES, gravity will keep acid down where it belongs. You should elevate your bed at least 4 to 8 inches. Start by raising your head with several pillows. Blocks of wood or bed risers (sold at bedding stores) placed under the two legs at the head end of the bed can make a big difference while you are healing.

I bought pieces of left over wood at Home Depot for fifty cents for this purpose. Sleep on your left side, as this places the LES above the stomach, therefore reducing reflux.

MSM

Methylsufonyl Methane or MSM is a sulfur compound taken from food. It is found in the tissue of every plant and animal. It is a natural antioxidant, which flushes out toxins from the human body. It is a potent healing agent. MSM promotes the formation of collagen and has the ability to help create flexible tissue, instead of scar tissue. Our bodies need MSM in great quantities for constant repair on a cellular level.

MSM paints the lining of the stomach and intestines, protecting them from food allergies. It reduces "sweet tooth" and promotes healthy intestinal flora. GERD irritates and damages tissue in the stomach, esophagus and throat. MSM is very important to help heal these injuries. When scar tissue builds up in the esophagus, it becomes difficult to swallow. It can lead to Barrett's Esophagus, which is a precursor to esophageal cancer. Take one a1000 mg capsule twice a day. MSM should be taken with vitamin C and selenium.

In addition to MSM, *Zinc Carnosine* also helps to heal damaged tissue caused by acid reflux. It inhibits the growth of harmful bacteria and also coats the walls of the stomach and upper intestine. Like MSM, it has no known harmful side effects. Take a 37.5 mg tablet in the morning and before going to bed.

ACUPRESSURE

Acupressure is acupuncture without the use of needles. By applying pressure to the acupoints prescribed by ancient Chinese medicine, specific organs and areas of the body may be successfully treated. With this science, the energy of the meridian system called Yin, Yang and Qi is brought into alignment, allowing the body to heal itself.

Traditional Chinese acupuncture has been used to treat digestive disorders for over two thousand years. Recent studies suggest that acupuncture, acupressure and electrical acupoint stimulation applied to Pericardium 6 (P6) reduce relaxations of the lower esophageal sphincter (LES). Relaxation of the LES is the major cause of acid reflux. One study with electrical acupoint stimulation showed a 40% reduction of these LES relaxations in most of the cases studied. This is an astounding claim and could be the beginning of one of the most important discoveries ever made for the treatment of acid reflux.

P6, also called Neiguan, is an acupoint located on the underside of the wrist between 2 tendons. If you hold out your hand and bend it toward you, P6 is located in the middle of the wrist approximately two finger-widths from the crease where the hand and arm meet.

By applying pressure to this point, it is possible to tighten up the LES, thus lessening the effect of acid reflux. This can be done with the fingers or by using acupressure wrist bands, also called “sea bands”. For more information on this subject, read my complete article on acupressure on the website.

ANTI-STRESS TECHNIQUES

As I mentioned earlier in the book, Stress is a major contributor to GERD. When we are in a state of stress; we produce adrenaline and other hormones in excess. The “fight or flight” condition puts tremendous pressure on the digestive system and can do much damage, if left unchecked.

Ideally, we should all live in a peaceful, loving world, where there is no stress at all. That bit of utopia does not exist. Fortunately, there are ways to reduce the stress in our lives. Among them are meditation, yoga, tai chi and plain exercise, to mention a few. I would like to address the subject of meditation, as I believe that this is the best way to achieve complete relaxation. The health benefits of meditation are endless.

MEDITATION EXERCISE

Sit with a straight posture in a chair, your hands at your side. Close your eyes and take a long deep breath through you nose. Inhale slowly as far as you can, hold your breath for a few seconds and then slowly exhale. Do this several times until you are deeply relaxed. Aim your eyes slightly upward toward your eyebrows

with you eyes still closed, as you continue to breathe slowly. Clear all thoughts from your mind. Try to meditate in this way for a few minutes at least once every day. You will approach life in a much lighter, happier and healthy way. Try to extend the meditation a little longer each time. While in this relaxed state, visualize yourself, glowing with perfect health, eating delicious food slowly, in a beautiful, peaceful place. Feel your digestive system functioning flawlessly. See your throat, esophagus, les and stomach all young and pink and new. Picture all the parts of your body working in perfect harmony. See yourself smiling and happy and perfectly healthy.

EXERCISE

Aerobic exercise is essential to good health. Just a thirty minute walk with your dog or a friend, done three times a week will reduce your chances of acid reflux tremendously. Ride a bike around the block a few times. Go to the mall and window shop... and take the stairs instead of the escalator.

It is a proven fact that people who regularly exercise have less digestive problems than those who do not.

A PLAN TO GET STARTED

For a couple of days, stay away from foods that can damage your esophagus and LES. Anything crunchy, like cereal, nuts, potato chips or crackers, can cause little lacerations, as they go down. Try to eat soft foods during this period. Foods like mashed potatoes, soft breads, Jello, soups, scrambled eggs, steamed white fish, etc. The goal is to start allowing the body to heal itself. You wouldn't want to scratch an open wound, would you? Well, eating foods that scratch will have that effect on the esophagus. I want you to break that cycle and allow the healing process to begin.

Refrain from eating spicy foods, acidic foods or anything that you know causes indigestion. Abstain from drinking alcoholic beverages, sodas, carbonated water and acidic drinks, such as tomato and orange juices. If you smoke and, or drink coffee, try to cut down on these during the healing period. I would suggest that you don't drink coffee at all, as it is very acidic. It's like "adding fuel to the fire". But, if you must, try gargling with a little warm water after drinking your morning java. Try drinking Kukicha Twig tea instead of coffee, as it is very alkaline in nature.

I would suggest that you drink a glass of water after each meal. Remember what we said about honey in the previous chapters. It has a soothing effect on the esophagus and has many marvelous healing properties, as well. I put honey in every cup of tea I drink, and I eat a little honey after each meal. Make sure that

you buy natural raw honey that has not been processed. If you can find it, authentic Tupelo honey is the best. Good white tupelo, unmixed with other honeys, will not granulate, and due to this high fructose - low glucose ratio some, diabetic patients can tolerate Tupelo honey. The average analysis: fructose 44.03% glucose 29.98%. If you stick to this program for a couple of days, you will begin to feel better and the reflux and heartburn will start to disappear. Everyone has a different situation and a different time period for healing. Some have more damage than others and will take longer to heal. But when you feel that the time is right, you may begin to eat and drink whatever you want. Go slowly at first. Remember to eat sensibly and always be conscious of the fact that chewing your food properly will help keep the indigestion from coming back.

I would strongly suggest that if you are trying to break off from a PPI drug as I did, that you read this book carefully and arm yourself with the following aids; DGL, honey, aloe vera drink, AMP, orange peel extract, MSM and chewing gum. I cannot emphasize enough, the importance of being prepared when trying to get off these PPI drugs. Don't wait until you need help, but have these items on hand when you start. One last, but very important word of advice; Always drink lots of water between meals and one glass of water after each meal. Water is the most important thing one can consume.

In conclusion; Acid reflux is a condition, not a disease per se. Disease, (dis-ease) really means “not at ease”. Modern medicine has distorted the meaning of the word disease to mean something much worse... something incurable, in which only the symptoms can be treated and only treated by a physician with drugs. We are living in an age where the average person is discovering that, most often, he must learn to cure himself of negative physical conditions. Most of the time doctors are really just over paid drug pushers. Most doctors simply work in harmony with the drug companies, insurance companies and hospitals. Profit seems to take precedence over human compassion. I wonder what ever happened to the Hippocratic Oath.

Pharmaceutical companies spend more money developing drugs that treat symptoms, than drugs that cure. Hyperchlorhydria is a drug manufacturer's dream come true! Treating the symptoms of digestion disorders has evolved into a 7 billion dollar a year industry in this country today.

We tend to want to fool Mother Nature and eat and drink exactly what and how we want, even if it's bad for us. We can take a pill and make the pain go away. In doing this, we are slowly digging our own graves. Here is an opportunity to make a change for the better.

Remember that most people who suffer from acid reflux, heartburn and GERD, have damaged their esophagus and LES. In this book I have tried to provide the tools that you will need in which to heal yourself of this condition. In an effort to break away from the drugs that my doctor prescribed, which only treated my

symptoms and, in the end, made my condition only worse, I gathered the information that I have shared with you in this publication.

I cured myself of GERD. I threw away my expensive, dangerous pills and now have a better life.... a life of freedom and health. I no longer support an industry that knowingly abuses the population for profit. In ridding myself of GERD and drug dependency, I have probably prevented many other illnesses from developing. I have lost weight, have greater energy and my immune system is now in perfect working order.

You too can cure yourself and look forward to a better and healthier life. Just by making the few simple changes in lifestyle, as suggested in this book, you can heal yourself. Most of the remedies that I have pointed out are all available at grocery and health food stores and are relatively inexpensive. Others may be purchased on the web.

Good luck. Stick to your guns. You will succeed!

God bless you,

Charles Stewart Richey



Please feel free to access the “[Articles & Recipes](#)” section of the website. Twenty-seven informative articles examine different aspects of the acid reflux condition, and serve as

an adjunct to the eBook. Several articles deal with interesting diet concepts and recipes, which support the acid reflux recovery period.

ESSENTIAL
PRODUCTS FOR REFLUX RECOVERY
(As described in the eBook)

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