

ACID REFLUX DRUGS – ARE YOU KILLING YOURSELF?

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Nexium, Prilosec, Prevacid and Protonix are called PPI drugs (proton pump inhibitors). They should only be taken for eight weeks, at most. It says so right on the package. Doctors certainly know this, but allow, if not encourage most patients to continue taking these drugs on a permanent basis. There are, unfortunately, no studies that can determine the long term effects of these drugs. We do, however, know what the potential side effects are:

Nexium: Symptom relief does not rule out serious stomach conditions. The most common side effects of this drug 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.

PPI drugs actually shut down the pumps that produce the stomach acid necessary to digest food. The human body cannot digest and assimilate food properly without stomach acid. It is an important part of our physical anatomy.

Another point of concern is that stomach acid keeps very dangerous bacteria, which live in the stomach and intestines, in check. One can only imagine what damage these PPI drug addicts are doing to their bodies.

The medical community would have us believe that acid reflux is a disease – a disease which only drugs can treat. That is an outright lie. Acid reflux is an acquired condition, which can be treated and eventually healed by natural means. What is true is that the drugs that treat the symptoms of acid reflux, GERD, heartburn and indigestion constitute a multi-billion dollar business for the pharmaceutical industry. They don't want us to know the truth. If no one bought into their lies, they would be out of business.

They try to frighten us into submission. They tell us that we'll get cancer of the esophagus if we don't take their products. Getting off these drugs is a difficult and painful accomplishment. When the PPI drugs have been discontinued, the proton acid pumps come back with a vengeance! They produce much more acid than before. They create a condition which is much worse than the original condition for which the PPI drugs were prescribed.

It's the perfect money making product. Heroin addiction is not so different. These companies make the drugs and the doctors push them. Everyone makes money and the public is the loser in the long run.

Acid reflux is very big business. It's a drug company's dream come true. Millions of people suffer from digestive disorders every day. In a society where we want instant gratification – a magic pill that will allow us to eat what we want when we want to eat it seems like utopia.

Stomach acid is extremely corrosive. The stomach holds this powerful acid in check with a special protective lining. The esophagus, however, does not have this protection. When acid splashes up through the lower esophageal sphincter into the esophagus, we have the problems of heartburn, GERD, or acid reflux. This condition, if left unchecked, can eventually lead to Barrett's Disease, or cancer of the esophagus..

I was astounded to learn that the esophagus can be healed in about three days. Simply eating several small meals of food that is easy to digest is the key. Eat fruits like bananas, melon and apples during the day. Snack on walnuts and almonds. Eating slowly in a relaxed atmosphere, chewing food well will help enormously. There are foods and drinks which should obviously be avoided like those which are fried, spicy, or too crunchy. One must refrain from drinking

coffee, alcohol and carbonated drinks during this recovery period. Avoid the foods that you know trigger your acid indigestion. After the esophagus has healed, those foods can be slowly reintroduced into your diet.

Many natural herbs and health store items can assist with this healing process. Aloe vera juice, slippery elm, twig tea, orange peel extract and licorice products can be of great value, just to mention a few. Removing stress from your life is essential during this period. Relaxation, which can be achieved through meditation and Yoga, helps to expedite the healing process.

Anyone can stop taking those harmful and expensive drugs, in favor of natural remedies. Like anything else worthwhile, it just requires a little desire and discipline.

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