

Stop Acid Reflux – Use the Dynamite Duo, Plus!

Many people approach the cure for acid reflux like the quest for the Holy Grail. They get so bogged down with different opinions and methods that they become confused and give up. When they give up, they go back to those ghastly, but convenient drugs.

PPI drugs (proton pump inhibitors) are the most common pharmaceuticals prescribed for the acid reflux condition. These drugs actually stop the production of stomach acid. Obviously, we were created to produce stomach acid for a specific reason. Stomach acid is necessary to break down, digest and assimilate food. Without proper digestion and assimilation, our bodies cannot work as they were designed to. Most people who pop those PPI drugs are walking around in a state of malnutrition.

Sometimes we overlook the reality of a situation by choosing convenience over common sense. The simple way is usually the best way to go. Two inexpensive supplements, when taken together, can alleviate most acid reflux symptoms. These supplements are probiotics and digestive enzymes.

Would you rather take expensive and harmful habit forming drugs for acid reflux, or take two natural capsules before each meal? Probiotics are beneficial microbes which protect the digestive tract by keeping the natural flora in balance. The most well known is lactobacillus acidophilus, which is found in yogurt and in supplement form.

A good probiotic should contain at least five billion live microorganisms per capsule. The ideal composition should include L. acidophilus, L. rhamnosus, S. thermophilus and L. bulgaricus. These are considered "friendly bacteria". They are of great benefit to the health of the colon and to the immune system, in general. Taken in conjunction with digestive enzymes, they balance the digestive system and reduce the possibility of acid reflux.

Digestive enzymes, which are normally secreted by different glands in the digestive system, help to break down food molecules into smaller particles in order to aid digestion. Each enzyme has a specific function related to different elements of food. For example: lactase breaks down lactose (milk sugars), protease and pepsin break down proteins and diastase digests vegetable starch.

Those who suffer from acid reflux usually need more digestive enzymes than their bodies produce. A good digestive enzyme supplement should contain protease, amylase, lipase, cellulase, diastase, invertase, lactase, pectinase and alpha galactosidase. Just ask for a full spectrum product.

In addition to taking these supplements to aid the digestive process, you might also consider drinking at least eight glasses of water each day - more won't hurt. Do not drink anything with a meal as it dilutes stomach acid and the body produces more to compensate.

Eat raw vegetables as often as possible. Munch on them as snacks or appetizers before a main meal. Eat fruit for breakfast.

Walk for thirty minutes each day. Aerobic exercise is essential for the over all health of the body. It encourages a healthy digestive system.

Chew gum between and after meals. Chewing produces saliva, which is alkaline in nature and counteracts over production of acid.

By taking responsibility for your health and making a few little changes in life style, you can avoid a problem like acid reflux before it evolves into a more serious medical issue. Supplements like probiotics and digestive enzymes will give you a jump start and get you on your way to better digestive health.

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