

The Acid Reflux Report

Empowering You with
Knowledge and Solutions
for Good Health

January 2009

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Therefore, we unfortunately need to add in a legal statement.

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1. Introduction

We would like to extend a warm word of thanks to you for acquiring this Report on Acid Reflux.

The reason why we decided to share this Report with you is quite simply because *we are innately compassionate and truly do care about the health and well-being of our fellow man.* Furthermore, we have witnessed an alarming rate of increase in the number of people around the world who are suffering unnecessarily from persistent pain and discomfort caused by the presence of Acid Reflux or GERD and other gastrointestinal tract disorders.

The statistics relating to Acid Reflux/ GERD are distressing particularly when you consider that **25 million people, most of whom are 40 years and older** in the USA suffer from Acid Reflux every day. Twenty-five percent of pregnant women experience daily heartburn, and more than 50 percent have occasional distress. What is even more distressing in the USA alone, is that annually approximately 14,250 Americans will be diagnosed with esophageal cancer, and 13,300 will die of this malignancy. Of the new cases, 10,860 will occur in men and 3,390 will occur in women.

These statistics represent a significant health problem that deserves an even more significant preventative effort to overcome this wide spread disease.

This Report contains the **vital link** you just won't find anywhere else, the link, that is essential for you to finally rid yourself of the pain and suffering associated with Acid Reflux. In this Report we also reveal proven treatment regimens for effectively bringing Acid Reflux under control.

We therefore believe that if you read this Report it will almost certainly have a profoundly positive impact on your future health and your future quality of life.

If you are currently struggling with Acid Reflux or associated disease and feel you are making little or no progress, even though it may have been for several years already, then please don't despair because **what you are about to read is going to put you right back on the path to good health.**

In summary the general aim of this Report is to provide you with comprehensive information and facts about Acid Reflux so you can understand how it is affecting your health and Digestive System.

However, our primary aim is to provide you with **REAL HOPE and a SOLUTION** for sustainable good health in the future.

If you would like other FREE Reports that we have written on associated diseases and infections that you may also currently be suffering from, then please click on this link:- [H. pylori Report](#) or [Candida Overgrowth Report](#)

We wish you all the best and trust that the knowledge you will acquire from this Report will enable you to find peace and good health.

Sincerely,

The Natural Health Team

2. Taking Control of your own Health

First and foremost, there are too many people around the world that put their health in the hands of someone else. Just think about this a minute and ask yourself - would you normally trust a stranger with anything that could cause devastation in your life? Would you trust a stranger with your Credit Card when you have given them your pin number? The bet is that your answer is a definite NO. So the question is, why do you place so much trust in anyone else when it comes to your health? Your health is critical to your future.

There is only one way to put an immediate stop to this and that is **"Take Control of your own Health"** and as quickly as possible.

It really isn't difficult and the benefits in doing so are immeasurable. If you have already been suffering with bad health for a while We are sure that you will know precisely what we are talking about here. We bet you have been through the mill with many different treatments and are probably feeling far worse off now than when you first got ill.

We wouldn't be surprised if you wake up every morning feeling an overwhelming sense of despair when you feel the same old aches and pains again and again. Well, you are not alone! We have seen this so often and as such we are determined to help you to **become a victor rather than another victim**.

The first step is for you to realize that **You (and only you) are responsible for your Health**.

These are our guidelines for you and everyone else ...

"Take Direct Control of your own Health". You might ask why? This is simply because we have found that our clients who are in control of their own health, are generally far more healthier than the ones that aren't. We also find that they are less prone to getting sick in the first place because they tend to eat a healthy diet, exercise regularly and are far more positive about life in general.

Here are 6 tips for you...

1. When you decide to take control of your own health, make sure that you stick to your decision.
2. When you start feeling ill, deal with it as quickly as possible.
3. Supplement your diet with an appropriate range of essential vitamins and minerals.
4. Build up your own knowledge base about the illnesses or diseases you or family members are most prone to. The more you know, the better. This is vital to being able make informed and confident decisions in future.
5. When looking for suitable treatments, always look for natural treatments that are supported by clinical and scientific evidence that they actually do work. Without this most claims made by the manufacturers are worthless.
6. Find a Doctor or Health Care Professional that is open minded and is willing to work together with you. This is an important part of this journey and you should rely on their experience for Diagnosis, Pathological Testing and general medical advice.

Once you have taken direct control of your health you will feel so much more confident about the future. After all **good health is your Divine right and you deserve to live a long, happy, healthy and prosperous life**.

That's all great, but there is still one more very important aspect you need to add to the equation... **you need to find a suitable Health Care Professional**.

3. Finding a Health Care Professional

To complete your new health oriented structure, we encourage you to go and **find a good Health Care Professional** who you can really relate to and trust. It is extremely important to find a practitioner who will listen to you and be prepared to be part of your healing, one that **holds hope as an ideal**, and not **Fear of disease**.

Good health is your Divine right. Remember, it is your responsibility and **you need to remain in direct control of it**. Practitioners in Complimentary and Alternative Medicines, like licensed Chiropractors, Naturopaths, Acupuncturists, Nutritionists, Homeopaths are generally less rigid and far more progressive in holistic therapy, natural healing and herbal alternatives.

When you have learnt something new please share it with your Health Care Professional and seek their confirmation and support before rushing into it. Remember that Health Care Professionals are highly skilled in diagnosing, testing, monitoring, and advising on most aspects of your health and alternative treatments. The key is for you and your Health Care Professional **to work closely together**, with the common purpose focused on your good health.

To find a suitable Health Care Professional we suggest that you do so by visiting the websites of various Associations for Naturopathic Doctors, Herbalists, Chiropractors, Acupuncturists, etc. in your country. Most of these associations provide a database where you enter your zip or post code and state/ county/ province and then provide a list of their members who have practices closest to your home.

Once you have located one or more nearby Healthcare Professionals, or in fact found someone with a good reputation for dealing with your specific kind of problem, set up an interview. All Healthcare Professionals are extremely busy, so be prepared to pay for the time you book for your interview. This is YOUR chance to find out whether or not you are going to work well with the Doctor. If such an interview is NOT granted, that's not your Doctor! Did you not choose your own Bank, Mortgage company, Accountant? So choose your Doctor carefully, your life depends on it!

4. Acid Reflux/ GERD

4.1 Introduction

Acid Reflux or Gastro-esophageal Reflux Disease (GERD) is a common condition, and one of the most frequent causes of indigestion and heartburn. It happens when acid or bile from your stomach leaks back up through your esophagus (gullet). This irritates and damages the delicate lining of the esophagus.

When stomach acid leaks back up into the esophagus, it is called acid reflux. Normally the sphincter, a muscle at the join between the esophagus and stomach, tightens up to stop acid, bile and food coming back up out of the stomach. Acid reflux happens when the sphincter does not work very well, or when the stomach is very full (for example, after a large meal).

The esophagus can cope with a small amount of stomach acid or bile, and some people are more sensitive to it than others. Most of us experience acid reflux from time to time as heartburn or indigestion.

However, if acid reflux is frequent it can damage the sensitive lining of the esophagus. This is when simple heartburn becomes GERD. If the damage to your esophagus leads to inflammation (soreness and swelling), this is called esophagitis.

You can have GERD with or without having esophagitis, but the longer your acid reflux is left untreated, the more likely you are to have damage to your esophagus and develop esophagitis and then even esophageal cancer.

4.2 Symptoms

The main symptom of GERD is heartburn. Heartburn is a form of indigestion and has nothing to do with the heart. It is usually felt as a burning pain behind your breastbone (in the front of your chest, over the heart), and happens when stomach acid damages the inside of your esophagus.

Heartburn is most likely to occur in connection with the following activities:

- After a heavy meal.
- Bending over.
- Lifting.
- Lying down, particularly on the back.
- Smoking
- Overweight
- Pregnant

The main symptoms of GERD can include:

- an acidic, sour taste in your mouth,
- burning pain in your throat,
- bloating and belching,
- stomach pains,
- burning pain in your throat and esophagus when you swallow hot drinks,
- regurgitating food (when food comes out of your stomach and back up your esophagus),
- nausea and vomiting, and
- vomiting blood.

Symptoms tend to get worse after eating, especially after a large fatty meal.

If you are very sensitive to acid, you can develop symptoms without much reflux. However, some people are less affected by acid, and can have a lot of reflux without showing many symptoms.

4.3 More Acid Reflux (GERD) Symptoms

According to one study, nearly three-quarters of patients with frequent GERD symptoms experience them at night. Patients with night-time GERD also tend to experience more severe pain than those whose symptoms occur at other times. One study found that patients with night-time pain reported levels of severity that were similar to those reported in angina and congestive heart failure.

The severity of heartburn does not necessarily indicate actual injury in the esophagus. For example, Barrett's esophagus, which causes precancerous changes in the esophagus, may trigger few symptoms, especially in elderly people. On the other hand, people can suffer severe heartburn without the presence of damage to the esophagus.

Dyspepsia

Up to half of GERD patients also have *dyspepsia*, a syndrome consisting of the following:

- Pain and discomfort in the upper abdomen.
- Fullness in the stomach.
- Nausea after eating.

People can have dyspepsia without having GERD.

Regurgitation

Regurgitation is the feeling of acid backing up in the throat. Sometimes acid regurgitates as far as the mouth and be experienced as a "wet burp." Uncommonly, it may come out forcefully as vomit.

Less Common Symptoms

Many patients with GERD do not experience heartburn or regurgitation. Instead symptoms may appear in other locations.

Chest Sensations or Pain

Patients may have the sensation that food is trapped behind the breastbone. Chest pain is a common symptom of GERD. It is very important to differentiate it chest pain is caused by heart conditions, such as angina and heart attack.

Symptoms in the Throat

Less commonly, GERD may produce symptoms that occur in the throat:

- Acid laryngitis. A condition that includes hoarseness, dry cough, the sensation of having a lump in the throat, and the need to repeatedly clear the throat.
- Trouble swallowing (*dysphagia*). In severe cases, patients may even choke or food may become trapped in the esophagus, causing severe chest pain. This may indicate a temporary spasm that narrows the tube, or it could also be an indication of serious esophageal damage or abnormalities.
- Chronic sore throat.
- Persistent hiccups.

Coughing and Respiratory Symptoms

Asthmatic symptoms like coughing and wheezing may occur. In fact, in one study, GERD alone accounted for 41.1% of cases of chronic cough in nonsmoking patients. The incidence was even higher when GERD and asthma were combined.

Chronic Nausea and Vomiting

Nausea that persists for weeks or even months and is not attributable to a common cause of stomach upset may be a symptom of acid reflux. In rare cases, vomiting can occur as often as once a day. All other causes of chronic nausea and vomiting should be ruled out, including ulcers, stomach cancer, obstruction, and pancreas or gallbladder disorders.

4.4 Causes

There are **several** causes of GERD.

1. Insufficient Acid to Digest the food you eat

The biggest cause of Acid Reflux is insufficient acid. This will come as a major surprise to most of you reading this, but it is a fact. As we get older we produce less hydrochloric acid that is essential to digest the food we eat. When we have insufficient acid the undigested food begins to ferment, in fact rot whilst still in our stomach. This fermenting soup causes us to feel bloated, full of gas that then causes pain and inflammation thus causing a great deal of discomfort. When excess gas has built up it has to be released and when it does you experience a mini explosion that releases the bile upwards and into your esophagus. build up This is contrary to the common belief that is expressed in the media and by many Doctors.

2. Poor sphincter control

There is a sphincter (muscle) at the join between your stomach and the esophagus. It relaxes to let food into your stomach but then tightens to stop stomach acid or bile coming out and back up into your esophagus. In some people, the sphincter does as intended, and this causes acid reflux.

Having a **hiatus hernia** can also cause poor sphincter control. In this type of hernia, part of the stomach pokes through your diaphragm, the main breathing muscle under the lungs. The muscles in your diaphragm are then stretched and don't allow the sphincter to close, so acid or bile can escape from your stomach back up into the esophagus.

3. Smoking relaxes the sphincter muscles, so makes acid reflux more likely.

Some people find that **particular foods**, such as fatty foods, chocolate, or oranges, relax the sphincter, while others such as coffee and tomatoes directly irritate the Esophagus.

4. Particular medicines can make GERD worse by relaxing the sphincter, for example, diazepam. Others may directly irritate the esophagus, for example, potassium supplements.

5. Pressure on the stomach

Acid reflux can also happen when there is a lot of pressure on your stomach forcing the stomach contents out and back up into the esophagus.

This might happen after a very large meal, during pregnancy, if you are constipated, or when you wear tight-waisted clothes or bend forward.

In people with simple heartburn, symptoms only happen occasionally after a particularly big, spicy, or fatty meal. In people with GERD, symptoms occur often and after any type of food.

In most people, acid reflux does not cause a problem. The body will naturally drain the acid back into the stomach and the symptoms will be relieved. However, some people have a very sensitive esophagus, so even a very small amount of acid can cause irritation, leading to esophagitis.

4.5 Diagnosis

If you have the typical symptoms of GERD and acid reflux, you probably will not need any tests. Your Health Care Professional will make a diagnosis based on your symptoms.

If you have severe or unusual symptoms, or if they do not get better when treatment is started, you may need to have some tests. These may include:

- **endoscopy** - a thin tube with a microscope on the end is passed down your Esophagus towards your stomach. It enables doctors to see whether the inside of your Esophagus is red and inflamed,
- **acidity test** on the inside of the esophagus the test is performed for a 24-hour period and involves a thin wire being passed through your nose and into your Esophagus. The wire measures how acidic your esophagus is and displays the results electronically,
- **barium swallow** a substance called barium, which shows up white on an X-ray, is swallowed to enable doctors to identify any abnormalities in your Esophagus, or

- **radiolabelled technetium** in some hospitals radioisotope imaging may be used to demonstrate GERD. The technique uses very small doses of technetium-sulphur colloid to help confirm a diagnosis.

4.6 Conventional Drug Treatments

Here are the reasons why: conventional prescribed drugs dramatically reduce the amount of hydrochloric acid you have in your stomach, thereby diminishing drastically your ability to digest your food properly. This reduction in the amount of stomach acid also reduces a very important defense mechanism against food-borne infections and increases your likelihood of food poisoning. Not digesting your food properly also increases your risks for nearly every other chronic degenerative diseases.

Two studies with laboratory mice, conducted by Howard Hughes Medical Institute scientists at the University of Michigan Medical School, **indicate that reducing the amount of hydrochloric acid you have in your stomach could be exactly the wrong thing to do.**

4.7 Recommended Diet for Acid Reflux

Certain foods can aggravate your heartburn symptoms, and it's best to limit or avoid completely those foods and drinks that result in acid reflux. There are some foods that have little or no potential for causing heartburn.

The foods listed in the Table below are the most common foods that are usually pretty safe for heartburn sufferers to eat.

For a listing of foods that you may be able to enjoy occasionally, please check out the table for foods that can be Consumed With Discretion. For a listing of foods that should be avoided entirely, as they are usually responsible for a higher occurrence of heartburn, please check out the table for **Foods To Be Avoided.**

This is by no means a complete list, and in your personal situation, you may either find you can eat the foods from the "Avoid" group with no problem or have problems with foods not listed.

It is a good idea to keep a Food Diary. For approximately two weeks, write down what you eat, when you eat and any symptoms you may experience. This will help you and your doctor plan your diet and decide on any change in eating habits you may need.

Safe Foods For The Acid Reflux Diet

Food Group	Foods With Little Potential to Cause Heartburn
Fruit	<ul style="list-style-type: none">• Apple, fresh• Apple, dried• Apple juice• Banana
Vegetables	<ul style="list-style-type: none">• Baked potato• Broccoli• Cabbage• Carrots• Green beans• Peas
Meat	<ul style="list-style-type: none">• Ground beef, extra-lean• Steak, London Broil• Chicken breast, skinless• Egg whites• Egg substitute• Fish, no added fat
Dairy	<ul style="list-style-type: none">• Cheese, feta or goat• Cream cheese, fat-free• Sour cream, fat-free• Soy cheese, low-fat
Grains	<ul style="list-style-type: none">• Bread, only whole grain• Cereal, bran or oatmeal• Corn bread• Graham crackers• Pretzels• Rice, brown or white• Rice cakes
Beverages	<ul style="list-style-type: none">• Mineral water
Fats / Oils	<ul style="list-style-type: none">• Salad dressing, low-fat
Sweets / Desserts	<ul style="list-style-type: none">• Red licorice• Potato chips, baked

Foods To Avoid For an Acid Reflux Diet

Food Group	Foods To Avoid
Fruit	<ul style="list-style-type: none">• Orange juice• Lemon• Lemonade• Grapefruit juice• Cranberry juice• Tomato
Vegetables	<ul style="list-style-type: none">• Mashed potatoes• French fries• Onion, raw
Meat	<ul style="list-style-type: none">• Ground beef, chuck• Marbled sirloin• Chicken nuggets• Buffalo wings
Dairy	<ul style="list-style-type: none">• Sour cream• Milk shake• Ice cream• Cottage cheese, regular
Grains	<ul style="list-style-type: none">• Macaroni and cheese• Spaghetti with sauce
Beverages	<ul style="list-style-type: none">• Liquor• Wine• Coffee, decaffeinated or regular• Tea, decaffeinated or regular
Fats / Oils	<ul style="list-style-type: none">• Salad dressing, creamy• Salad dressing, oil & vinegar
Sweets / Desserts	<ul style="list-style-type: none">• Butter cookie, high-fat• Brownie• Chocolate• Doughnut• Corn chips• Potato chips, regular

4.8 Dealing with Acid Reflux/ GERD

As with all problems, the first step is to identify the cause. This has been discussed above. Remedial measures that can be taken are as follows: Firstly, eat less and chew more. The mixing of digestive enzymes with your food in the mouth kick starts the digestion process, minimizing the chance for fermentation in the stomach and facilitating the speedy passage of food through the stomach. Choose foods that are in their natural state, or whole foods. Include plenty of vegetables, seasonal fruit and unrefined grains. Avoid refined carbohydrates, sugars, caffeine, chocolates and spicy foods. Avoid big rich meals, especially food fried in oils and fats. Don't eat when angry or upset, nor when rushed and can't sit down. It helps **not to** lie down immediately after eating, this allows gravity to keep the stomach contents below the opening of the lower esophagus. Take a short and gentle stroll after a meal. We recommend taking small sips of water throughout the meal. This does dilute the stomach acid a bit, but also buffers it, reducing the acidity and also any discomfort with reflux. This may not help some people, the best is to try for yourself. Avoid cigarette smoking and too much alcohol.

Matula Herbal Formula™, taken twice daily on an empty stomach, has proven to be highly effective in treating Acid Reflux, so it comes with our highest recommendation.

Matula Herbal Formula™ is a natural anti-bacterial and anti-fungal product that also increases stomach motility (stomach content movement), helps to re-synchronize acid secretion and promotes a healthy digestive system.

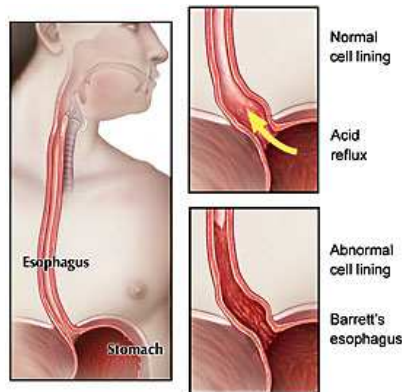
In general, we find having a freshly made vegetable juice before eating helps. Include some cabbage along with apple and carrot. Taking about 15ml of Swedish bitters before or after your meal is very helpful. On a regular basis, take 500mg L-Glutamine daily, away from food. Take DGL (licorice root extract) two to three times a day after food. Both of these will help to repair damaged stomach lining. Slippery elm is particularly helpful to reduce the discomfort of reflux. You can also use herbal teas made from chamomile, lemon balm, fennel, marshmallow root or celandine to alleviate troublesome symptoms.

4.9 About Barrett's Esophagus

Barrett's esophagus is an important consequence of long-standing acid reflux disease because patients with Barrett's are at risk for developing cancer of the esophagus. The acid reflux stimulates changes in the lining of the esophagus (the food tube connecting the mouth to the stomach), so that it resembles the lining of the intestines. This alteration (or metaplasia) represents a precancerous condition.

Barrett's is uncommon. About 5 percent of people with GERD develop Barrett's esophagus. But once diagnosed, there is a 30- to 125-fold increased risk of developing esophageal cancer; an estimated 0.5 percent of Barrett's patients develop cancer each year. The cancer can spread to lymph nodes and other organs. Esophageal cancer arising from Barrett's esophagus is the second fastest growing type of cancer in the United States.

Patients with Barrett's esophagus frequently are found to have severe gastro-esophageal reflux disease. This observation has led to the widely accepted belief that Barrett's esophagus develops as a result of long-standing reflux esophagitis. It is not known whether it is gastric acid, gastric or pancreatic proteolytic enzymes, bile or some other caustic substance that is responsible for the changes leading to Barrett's esophagus.



4.10 Prevention of Esophageal Cancer

Annually, approximately 14,250 Americans will be diagnosed with esophageal cancer, and 13,300 will die of this malignancy. Of the new cases, 10,860 will occur in men and 3,390 will occur in women. So it is important to recognize the importance of prevention.

Doctors cannot always explain why one person gets cancer and another does not. However, scientists have studied general patterns of cancer in the population to learn what things around us and what things we do in our lives may increase our chance of developing cancer.

Anything that increases a person's chance of developing a disease is called a risk factor; anything that decreases a person's chance of developing a disease is called a protective factor. Some of the risk factors for cancer can be avoided, but many cannot. For example, although you can choose to quit smoking, you cannot choose which genes you have inherited from your parents. Both smoking and inheriting specific genes could be considered risk factors for certain kinds of cancer, but only smoking can be avoided. Prevention means avoiding the risk factors and increasing the protective factors that can be controlled so that the chance of developing cancer decreases.

Although many risk factors can be avoided, it is important to keep in mind that avoiding risk factors does not guarantee that you will not get cancer. Also, most people with a particular risk factor for cancer do not actually get the disease. Some people are more sensitive than others are to factors that can cause cancer. Talk to your Health Care Professional about methods of preventing cancer that might be effective for you.

The following risk factors and preventive factors may affect whether a person develops esophageal cancer:

Tobacco and Alcohol

Cancer of the esophagus is strongly associated with tobacco and alcohol use. Studies have shown that avoiding tobacco and alcohol decreases the risk of developing esophageal cancer.

Diet

A diet with plenty of green and yellow fruits and vegetables and cruciferous vegetables (such as cabbage, broccoli, and cauliflower) may lower the risk of developing cancer of the esophagus.

Nonsteroidal Anti-Inflammatory Drugs

Some studies have shown that the use of nonsteroidal anti-inflammatory drugs or NSAIDs (such as aspirin and other drugs that reduce fever, swelling, pain, and redness) is associated with a reduced risk of developing both cancer of the esophagus and adenocarcinoma (*Cancer that begins in cells that line the inside of organs. These organs make substances like hormones or milk*) of the esophagus. Use of **NSAIDs, however, increases the risk of heart attack, heart failure, stroke, bleeding in the stomach and intestines, and kidney damage.**

Helicobacter Pylori Infection and Gastric Atrophy

Infection with the *Helicobacter pylori* bacteria causes inflammation and ulcers in the stomach lining, which may lead to a condition called gastric atrophy (cells that line the

stomach are destroyed). This condition may increase the risk of developing cancer of the esophagus.

Acid Reflux and Barrett Esophagus

Gastric reflux (the backing up of stomach contents into the lower section of the esophagus) may irritate the esophagus and, over time, cause Barrett esophagus. Barrett esophagus is a condition in which the cells lining the lower part of the esophagus have changed or been replaced with abnormal cells that could lead to adenocarcinoma (*Cancer that begins in cells that line the inside of organs. These organs make substances like hormones or milk*) of the esophagus. It is not known if surgery or other medical treatment to stop gastric reflux will reduce the risk of developing adenocarcinoma of the esophagus.

For more detailed information please talk to your doctor or health care professional about cancer prevention methods as they will be likely to help you understand more.

5. More Information you will find useful

5.1 Bacteria or Flora

Believe it or not, there are more bacteria in your intestines than there are humans on this planet! And just as on this planet, there's competition for space to live. Just as local conditions affect people's preferences for somewhere to live, the local conditions of the large intestine determine the types of bacteria that will grow. Like people, bacteria directly affect their environment: while some bacteria have minimal effect, 'harmful' bacteria may damage their environment and increase the risk of infection, whereas 'good' bacteria help keep the environment healthy, often improving digestion and absorption of nutrients, as well as producing certain vitamins. The key is to get the right balance between 'good' and 'bad' bacteria in the intestine. The target balance should be 85% good bacteria vs 15% bad bacteria for a health digestive system.

5.2 Probiotics and Prebiotics – what's the difference?

There are millions of bacteria naturally and necessarily present in the human gut (colon; large intestine). The population of different types of bacteria are called the microbial flora of the colon, and we know of many useful functions they carry out which support health. The bacteria ferment the small amount of starch that resists digestion in the small intestine to produce 'short-chain fatty acids'; these are an energy supply for the body and also keep the cells of the colon wall healthy. The microbial flora also acts as a physical barrier to protect the colon from pathogenic (disease-causing) bacteria.

The bacteria in the colon described as being beneficial are mainly lactobacilli and bifidobacteria, and the well-being of the 'host' is supported when these prevail over other bacteria that may be potentially harmful. The concept of supporting the balance of microbial flora to favour benign bacteria has led to the development of 'colonic foods' described as probiotics and prebiotics.

Probiotics are live microbial supplements that have been shown to survive transit through the upper digestive system, and may beneficially colonise the microbial flora of the large intestine. Such benign digestion-resistant bacteria have been added to many popular and now widely-available 'functional' foods such as yogurts and milk-based drinks.

Prebiotics are types of carbohydrates (oligosaccharides) that cannot be digested in the small intestine: they reach the colon where they selectively support the growth of benign bacteria already present. In this way, the healthier bacteria in the colonic microflora are stimulated and are given a competitive advantage over other types of bacteria present. Some foods naturally contain small amounts of oligosaccharides (*leek, asparagus, chicory, Jerusalem artichoke,*

bananas, oats), but higher levels are usually found in functional foods fortified with prebiotic ingredients. Human breastmilk can be considered the original functional food; it contains many factors that support bifidobacteria growth in the colon, and this may protect the infant from gastrointestinal problems.

The balance of colonic microflora is known to be affected by the use of antibiotics, and may also be adversely influenced by diets low in unrefined carbohydrate, ageing and some disease conditions. The use of probiotics/prebiotics have been investigated to support colonic health in inflammatory conditions such as Crohn's disease and inflammatory bowel disease. Some studies also support benefits for the protection from, and the treatment of diarrhoea. Research is currently investigating other possible health effects.

5.3 The Warning Signs when things start to go wrong

Your digestive system can go wrong in many different ways, but it usually sends out some signals to let you know that things aren't right. The following symptoms may occur: Indigestion, heartburn, bloating, cramping, flatulence, gurgling sounds, abdominal pain, changes in bowel habit, constipation, diarrhea, nausea or vomiting are all tell-tale signs that your food is not digesting, but rather fermenting or putrefying. The usual result is that the micronutrients are not being absorbed properly which may then have the following consequences: fatigue, headaches, dry skin, weight loss, anemia, joint pains and stiffness, lowered immunity, poor concentration, brain fog, depression, PMS, greasy and sticky stool, and in some circumstances may lead to inappropriate weight gain. Clearly these problems arise from deficiencies of nutrients like the fat-soluble vitamins A, E, D and K, generally the B group vitamins, as well as minerals like iron, calcium, potassium and magnesium. The lack of these coupled with the lack of absorption of calories as carbohydrates or fats, and the low uptake of repairing proteins, will cause you to have unexplained cravings. Usually these are sweet cravings.

You should see your Doctor, preferably a Chiropractor, Naturopath, Acupuncturist, Nutritionist or Homeopath, for advice if...

- Your bowel habit has changed within the last two to three months and you've not changed your diet, been traveling or started taking medication
- You've seen blood in your stools – fresh red blood, or black stools (containing digested blood)
- **You have persistent, unexplained abdominal pain or discomfort**
- You have lost 2-5kg (4lb) in weight recently for no obvious reason
- **You have lost your appetite and/or frequently feel sick for no obvious reason**
- You are frequently constipated and simple treatments such as a high-fibre diet, more fluids, more exercise and over-the-counter laxatives haven't worked
- You frequently open your bowels more than three times a day or if your stools are often loose or watery
- You frequently get a lot of unexplained wind (flatulence), bloating or abdominal distension

5.4 What causes Indigestion?

Considering the digestive organs, namely the mouth and teeth, digestive enzyme glands throughout the mouth, stomach, gall bladder and liver, the pancreas and the small and large intestine, any problem with these areas singularly or collectively will result in indigestion and promote malabsorption. Your stomach produces a strong acid that helps digest food and protects you against infection. A layer of mucus lines the stomach, esophagus and intestines to act as a barrier against this acid. If the mucus layer is damaged, the acid can irritate the tissues underneath causing various degrees of indigestion and discomfort. You may also have too little stomach acid, which will promote fermentation of your swallowed food rather than digestion.

Singularly or collectively the following make the symptoms worse ...

- The food you eat – lack of soluble and insoluble fibre in your diet, high levels of bad fats (trans-fats like margarine, cooking oils, shortenings etc, highly processed foods rich in food chemicals like stabilizers and preservatives.
- Your lifestyle: too much of a hurry, eating too fast and too much. It takes about twenty minutes for your brain to register a full stomach, so eating too much too fast, is definitely overloading your stomach.
- Being overweight, gallbladder disease
- Traveling
- Lack of sleep (you should have at least 7- 8 hours restful sleep every night)
- Dehydration (you should drink 8 glasses of purified water each day)
- Getting older
- Having irregular meals, because long periods between meals give the acid more time to act (each meal neutralizes the acid for a while)
- Drinking excess alcohol
- Smoking
- Long term or Frequent use of Pharmaceutical or other) Drugs and their side effects
- An impaired or dysfunctional Immune System
- Lack of Prebiotics (*allium group of carbohydrates*)
- Lack of Probiotics (especially of the *acidophilus, lactobacillus and bifidobacter groups*) that are essential bacteria required to digest your food, particularly after use of Antibiotic treatments
- Lack of Omega 3 essential fatty acids
- Stress and anxiety
- Pregnancy
- Peptic ulcer (stomach or duodenal ulcer) and presence of Helicobacter Pylori
- Candidiasis (presence of Candida Albicans) – fungal infection in the stomach
- Chronic Parasitic infections
- Small bowel and gastric surgery
- AIDS related gastroenteritis
- Certain cancers
- Acid Reflux, Heartburn

5.5 Digestive Disorders and Infections

Digestive disorders are probably the most overlooked and yet important problem in most Western countries. These diseases, including Acid Reflux, chronic gastritis (inflammation of the stomach wall), ulcers, gallstones, pancreatitis from chronic alcohol abuse, liver diseases, irritable bowel syndrome, Crohn's disease, ulcerative colitis, and Coeliac's disease are common examples of the condition that result in malabsorption syndromes. Colo-rectal cancer is one of the top three cancers. They also appear to be occurring with increasing frequency when compared to 10 years ago and more alarmingly they are now cropping up at an earlier and earlier age in teenagers.

The CRUX of the MATTER

Considering that the body works as a complete unit (in physiological terms), it's not difficult to see how malabsorption can lead to certain dreaded illnesses like *heart disease, cancer, osteoporosis, arthritis, auto-immune problems* – in fact this may be the basis for all so-called chronic illnesses that are constantly on the rise despite billions of Dollars being thrown into research and development of more drugs.

5.6 Balanced pH Diet

Essentially, the alkaline diet is not aligned with the high protein, high fat, low carb diets that are currently in vogue. Most people have never heard of alkaline-acid balance, but many holistic doctors and nutritionists consider a properly balanced diet to be important to optimal health and preventing diseases such as cancer.

The theory behind an alkaline diet is that because our body's pH level is slightly alkaline, with a normal range of 7.36 to 7.44, our diet should reflect this and also be slightly alkaline. An imbalanced diet high in acidic foods such as animal protein, sugar, caffeine, and processed foods tends to disrupt this balance. It can deplete the body of alkaline minerals such as sodium, potassium, magnesium, and calcium, making people prone to chronic and degenerative disease.

Thorough scientific studies are lacking on the alkaline diet.

Many conventional doctors do not believe in the alkaline diet.

Who is this diet for?

This diet is for people who feel unwell on a high fat, low carb diet. It is also for people that lead stressful lives and who consume large amounts of acidifying foods such as protein, sugar, processed food, cereals, starches, and caffeine, with little alkalizing vegetables.

What are the symptoms of excess acidity?

- Low energy, chronic fatigue
- Excess mucous production
- Nasal congestion
- Frequent colds, flu, and infections
- Nervous, stressed, irritable, anxious, agitated
- Weak nails, dry hair, dry skin
- Formation of cysts, such as ovarian cysts, polycystic ovaries, benign breast cysts (fibrocystic breasts)
- Headaches
- Joint pain or arthritis
- Neuritis
- Muscle pain
- Feel better after a detox diet
- Hives
- Leg cramps and spasms
- Gastritis, acid indigestion

Medical doctors try to test the acidity or alkalinity of the body tissues and cells by analyzing the blood. Pioneers Carey Reams, Harold Hawkins, or Emanuel Revici developed methods to measure urine pH and other factors such as saliva pH. Modern proponents of the alkaline diet look at the pH of blood, saliva, and urine, in addition to health symptoms and other factors.

What are the guidelines of this diet?

An alkaline diet is composed of approximately 75-80% alkaline foods and 20-25% acid foods.

Alkaline Foods

Higher alkaline are better

Vegetables -- High alkaline: wheat grass, barley grass, alfalfa sprouts, broccoli sprouts, other types of sprouts, cucumber, kale, parsley, sea vegetables. Moderate alkaline: avocado, arugula, beets, bell peppers, broccoli, cabbage, celery, collard, endive, garlic, ginger, green beans, lettuce, mustard greens, okra, onion, spinach, tomato. Slightly

alkaline: artichoke, asparagus, brussels sprouts, carrot, cauliflower, kohlrabi, leeks, peas, rhubarb, rutabaga, turnip, watercress, zucchini

Fruit -- Slightly alkaline: coconut, grapefruit, lemon, lime

Beans and legumes -- Moderate alkaline: lima beans, soy beans, white beans. Slightly alkaline: Lentils, tofu.

Nuts, seeds, oils -- High alkaline: pumkin seeds. Slightly alkaline: almond, borage oil, coconut oil, cod liver oil, evening primrose oil, fish oil, flaxseed oil, olive oil, sesame seeds.

Grains -- buckwheat, quinoa, spelt

Condiments -- Moderate alkaline: cayenne, red chili pepper, sea salt, stevia. Most herbs and spices are somewhat alkaline.

Dairy -- Slightly alkaline: goat milk

Acidifying Foods

Lower acid are better. Most acidic are worst

Dairy and Dairy Substitutes -- Slightly acid: cow's milk, rice milk, soymilk. Most acid: cheese (including cottage cheese, hard cheese, aged cheese, and goat cheese), ice cream, soy cheese, whey protein powder.

Animal meat -- Moderate acid: wild fish. Most acid: beef, chicken, duck, eggs, farmed fish, gelatin, lobster, organ meat, pheasant, pork, poultry, seafood, squid, turkey, veal, venison.

Grains -- Slightly acid: amaranth, millet. Moderate acid: oats, rice (brown rice, white rice), rye, wheat. Most acid: barley, corn, rye.

Beans and legumes -- Slightly acid: black beans, chickpeas, kidney beans.

Vegetables -- Most acidic: mushrooms, potatoes. **Fruit** -- Slightly acid: cantaloupe, dates (not dried), nectarines. Moderate acid: apple, apricot, banana, all berries, figs (fresh), grape, honeydew, mango, orange, papaya, peach, persimmon, pineapple, tangerine, watermelon. Most acid: dried fruit.

Nuts, Seeds, and Oils -- Slightly acid: brazil nuts, flaxseeds, hazelnuts, pecans, sunflower seeds, sunflower oil, grapeseed oil. Moderate acid: butter, ghee, corn oil, margarine, walnuts. Most acid: cashews, peanuts, pistachios.

Condiments -- Moderate acid: ketchup, mayonnaise, table salt. Most acid: jam, mustard, soy sauce, vinegar, white sugar, aspartame, molasses, sugar cane, barley malt syrup, honey, maple syrup, brown rice syrup, yeast.



Natural Sea Salt assists in promoting a Healthy pH Balance

Salt is **essential for life**, yet almost all commercial table and cooking salts have been "chemically cleaned" and reduced to sodium chloride -- an unnatural chemical. To help your body function properly, you need salt complete with all-natural elements. Salt is vital for:

- Regulating the water content throughout your body.
- Promoting a healthy pH balance in your cells, particularly your brain cells.
- Promoting blood sugar health and helping to reduce the signs of aging.
- Assisting in the generation of hydroelectric energy in cells in your body.
- Absorption of food particles through your intestinal tract.
- Supporting respiratory health.
- Promoting sinus health.
- Prevention of muscle cramps.
- Promoting bone strength.
- Regulating your sleep -- it naturally promotes sleep.
- Supporting your libido.
- Promoting vascular health.
- In conjunction with water it is actually essential for the regulation of your blood pressure.

5.7 Detoxification during and after Acid Reflux Treatment

Body Pollution

We are all exposed to thousands of toxins and chemicals on a daily basis at work, in the home, through the air we breathe, our food and water supply, and through the use of pharmaceutical drugs. In addition, we are eating more sugar and processed foods than ever before in human history and regularly abuse our bodies with various stimulants and sedatives.

If you never wondered or cared much about the pollution around us, it's time to change your views and start paying attention to this problem. For decades, scientists have been studying the pollutants in our air, water, food, and soil. U.S. industries manufacture over 6 trillion pounds of 9,000 different chemicals a year. They dump billions of pounds of industrial chemicals into our air and water year after year. So now scientists have started to examine pollution levels in humans and their findings are deeply disturbing. Research clearly proves that our bodies are not capable of eliminating all the different toxins and chemicals we inhale and ingest every day. They simply accumulate in our cells (especially fat cells), tissues, blood, organs (such as the colon, liver and brain) and remain stored for an indefinite length of time causing all kinds of health problems.

Parasites

All the toxins and 'dead' processed foods lead to poor digestion causing a toxic build-up in the body, including the colon. This toxic waste material in the colon then frequently turns into a sinister world of monstrous creatures that feed on living flesh - parasites.

Every living thing has at least one parasite that lives inside or on it, and many, including humans, have far more. Scientists are only just beginning to discover exactly how powerful these hidden inhabitants can be, but their research is pointing to a remarkable possibility: Parasites may rule the world. The notion that tiny creatures we've largely taken for granted are such a dominant force is immensely disturbing. We are collections of cells that work together, kept harmonized by chemical signals. If an organism can control those signals - an organism like a parasite - then it can control us. And therein lies the peculiar and precise horror of parasites.

The combination of environmental toxins, an unhealthy diet and parasites poses a grave danger to humans. "In fact, parasites have killed more humans than all the wars in history", reported *National Geographic* in its award-winning documentary, *The Body Snatchers*.

When Do You Need a DETOX?

If this is the first time you've been exposed to this life-changing information, you've probably never considered this simple question: Are you clean inside? Of course you take care of the

outside: You shower, brush your teeth and wash your hair on a regular basis, but do you clean yourself inside? In this modern, toxic world it's becoming a simple fact of life that our colon (the 'sewer system' of the body), liver and other organs also require regular cleaning. Just like a car requires an oil change periodically.

How do you know when it's time to free your body of accumulated toxins, parasites and other waste materials? NOW is the time. I recommend you do a proper detox twice a year. If that seems too much to you, then if you experience one or more of the following, it's definitely time to detoxify:

Acid Reflux (GERD)

H. pylori

Candida infection

Frequent fatigue and low energy

Flatulence, gas & bloating

Excess weight

Food allergies

Impaired digestion

Irritability, mood swings

Bad breath & foul-smelling stools

Parasites in stool

Frequent colds

Recurring headaches

Chronic constipation

Irritable Bowel Syndrome (IBS)

Protruding belly

Powerful food cravings

Skin problems, rashes, etc.

Metallic taste in mouth

Hemorrhoids

6. Healthy Living

6.1 Introduction

Every day we are bombarded with nutrition and health messages and a seemingly endless array of concerns about lifestyle and diet. Healthy eating and a healthful way of life are important to how we look, feel and how much we enjoy life. The right lifestyle decisions, with a routine of good food and regular exercise, can help you make the most of what life has to offer. Making smart food choices early in life and through adulthood can also help reduce the risk of certain conditions such as obesity, heart disease, hypertension, diabetes, certain cancers and osteoporosis.

6.2 Key factors of a healthy diet

Enjoy the wide variety of foods

This concept is the most consistent health message in dietary recommendations around the world. We need more than 40 different nutrients for good health and no single food can supply them all. That's why consumption of a wide variety of foods (including fruits, vegetables, cereals and grains, meats, fish and poultry, dairy products and fats and oils), is necessary for good health and any food can be enjoyed as part of a healthy diet. Some studies have linked dietary variety with longevity. In any event, choosing a variety of foods adds to the enjoyment of meals and snacks.

Eat regularly

Eating is one of the life's great pleasures and its important to take time to stop, relax and enjoy mealtimes and snacks. Scheduling eating times also ensures that meals are not

missed, resulting in missed nutrients that are often not compensated for by subsequent meals. This is especially important for school children, adolescents and the elderly.

Breakfast is particularly important as it helps kick-start the body by supplying energy after the all-night fast. Breakfast also appears to help control weight. All mealtimes offer the opportunity for social and family interaction. So whether it is three square meals or six mini-meals or snacks, the aim is to make healthy choices you can enjoy.

Balance and moderation

Balancing your food intake means getting enough, but not too much, of each type of nutrient. If portion sizes are kept reasonable, there is no need to eliminate favourite foods. There are no "good" or "bad" foods, only good or bad diets. Any food can fit into a healthy lifestyle by remembering moderation and balance.

Moderate amounts of all foods can help ensure that energy (calories) intake is controlled and that excessive amounts of any one food or food component are not eaten. If you choose a high fat snack, choose a lower fat option at the next meal. Examples of reasonable serving sizes are 75 -100 grams (the size of a palm) of meat, one medium piece of fruit, ½ cup raw pasta or one scoop of ice cream (50g). Ready-prepared meals offer a handy means of portion control and they often have the energy (calorie) value listed on the pack.

Maintain a healthy body weight and feel good

A healthy weight varies between individuals and depends on many factors including gender, height, age and hereditary.

Excess body fat results when more calories are eaten than are needed. Those extra calories can come from any source - protein, fat, carbohydrate or alcohol - but fat is the most concentrated source of calories.

Physical activity is a good way of increasing the energy (calories) expended and it can also lead to feelings of well-being. The message is simple: if you are gaining weight eat less and be more active.

Don't forget your fruits and vegetables

Many of us do not meet the recommendations for at least five servings of fruits and vegetables daily. Numerous studies have shown an association between the intake of these foods and a decreased risk of cardiovascular disease and certain cancers. An increased intake of fruits and vegetables has also been associated with decreased blood pressure. People can fill up on fresh fruit and vegetables because they are good sources of nutrients and the majority are naturally low in fat and calories.

Nutritionists are paying much more attention to fruits and vegetables as "packages" of nutrients and other constituents that are healthful for humans. The "antioxidant hypothesis" has drawn attention to the role of micronutrients found in fruits and vegetables like vitamins C and E, as well as a number of other natural protective substances. The carotenes (beta-carotene, lutein and lycopene), the flavonoids (phenolic compounds that are widespread in commonly consumed fruits and vegetables such as apples and onions and beverages derived from plants like tea, cocoa and red wine) and the phytoestrogens (principally isoflavones and lignans), are being demonstrated to have beneficial roles in human health.

Drink plenty of fluids

You need to drink at least 1.5 litres of fluid daily, even more if it's hot or you are physically active. Plain water is a good source of liquid but variety can be both pleasant and healthy. Choose alternative fluids from juices, soft drinks, tea, coffee and milk.

Fats in moderation

Fat is a nutrient in food that is essential for good health. Fats provide a ready source of energy and enable the body to absorb, circulate and store the fat-soluble vitamins A, D, E and K. Fat-containing foods are needed to supply "essential fatty acids" that your body cannot

make. For example, oil-rich fish and fish oil supplements are rich sources of the omega-3 polyunsaturated fatty acids (n-3 PUFAs) alpha linolenic acid (ALA), eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These, along with omega-6 polyunsaturated fatty acids (n-6 PUFAs) such as linoleic acid (LA) and arachidonic acid (AA), must be consumed in the diet. Bad fat however, especially hydrogenated and trans-fats, can lead to adverse health effects such as overweight and high cholesterol and increase the risk of heart disease and some cancers.

Balance the salt intake

Natural Sea Salt is made up of sodium and chloride. Sodium is a nutrient and is present naturally in many foods. Sodium and chloride are important in helping your body to maintain fluid balance and to regulate blood pressure.

For most people, any excess sodium passes straight through the body however in some people it can increase blood pressure. Reducing the amount of salt in the diet of those who are sensitive to salt may reduce the risk of high blood pressure. The relationship between salt intake and blood pressure is still unclear and individuals should consult their doctor for advice.

Start now - and make changes gradually

Making changes gradually, such as eating one more fruits/portion of vegetables each day, cutting back on portion sizes, or taking the stairs instead of the lift, means that the changes are easier to maintain.

6.3 Why is physical activity so important?

Have fun doing your favorite form of physical exercise. The advice for increased physical activity is strongly linked to overall healthy lifestyle recommendations because it affects energy balance and the risk of lifestyle-related diseases. Over the past few years, many position papers have set out the importance of moderate physical activity for good health. These reports indicate that being physically active for 20 to 30 minutes daily reduces the risk of developing obesity, heart disease, diabetes, hypertension and colon cancer, all of which are major contributors to morbidity and mortality in western countries. In addition, in both children and adults, physical activity is related to improvements in body flexibility, aerobic endurance, agility and coordination, strengthening of bones and muscles, lower body fat levels, blood fats, blood pressure and reduced risk of hip fractures in women. Physical activity makes you feel better physically and encourages a more positive mental outlook.

6.4 Supplementing your diet

In our fast paced lifestyle we often take short cuts when it comes to meals. If you miss meals regularly or in between rushing to make appointments on time you indulge on fast foods you can be sure that you aren't getting enough nutrition. Over a period of time this will affect your immune system that will begin to make you feel lacking in energy. Once you begin to lack energy this is normally a warning sign that all is not well within your body.

7. Final Word

Well Done! You have just made THE most important step towards your ultimate Holistic Health. Your total healing is already in motion.

As you would have picked up, there are a great number of conditions in the gastrointestinal tract that have overlapping symptoms. This highlights the very important understanding that "the part cannot be well unless the whole is well". Sadly, this is not always the approach of the medical industry. Now that you have a more complete picture of how the vitally important gastrointestinal system works, you are better equipped to work together with your Health Care Professional to achieve optimum health.

Wishing you an abundant life in good health,

Yours sincerely,

The Natural Health Team