

Healing by Design

ACID REFLUX

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Read and begin implementing ideas from the BODY ECOLOGY DIET. It is the best program for restoring a healthy gut and healthy digestion.
2. Practice basic food combining principles: Fruit on an empty stomach, do not combine proteins with starches (i.e. potatoes, bread or rice with meat for example) and vegetables combine with everything. To make meals simple, eat vegetables + 1 other item (vegetables + a meat OR vegetables + a starch). Don't over-eat. Eat until satisfied. Do not eat until overly full or stuffed. Do not eat at night before bed. Try to eat dinner early, by 6pm or so, and don't eat anything after.
3. Eliminate sugar and caffeine. An acidic body robs the body of minerals, weakens the blood and forces the body to pull minerals from your bones. Minerals are necessary for stomach acid production and an acidic diet (Standard American Diet of coffee, soda, heavy meat consumption, grains and sugar) will rob the body of minerals, triggering acid reflux because of the lack of available minerals.
4. Take hydrochloric acid (HCL) capsules. We like **Betaine HCL Pepsin & Gentian Bitters by Dr's Best**. For more comprehensive digestive support (for those with no gallbladder, trouble digesting fats, pancreas issues) please use the **Ortho Digestzyme by Orthomolecular**. You can try one capsule with each meal, and can continue increasing by one capsule per meal (2 per meal, 3 per meal, etc.) until a slight burning sensation, then reduce by one.
5. Sea salt. **Celtic sea salt or a good Himalayan pink salt** will do the trick. Salt strengthens digestion, increases stomach acid, is critical for proper hydration and purifies the system. Use the **Himalayan Salt Stones by NHI** (using the sole method) or simply add 1/2 teaspoon of quality sea salt to a glass of water, and drink once or twice daily.
6. GREENS! **Spirulina and Chlorella by Ultimate Superfoods, Aloe Life Daily Greens by Aloe Life**. Add these to smoothies or other drinks, even salads. Greens cleanse the blood, build the blood, naturally increase stomach acid and increase oxygen flow to the body. Also eat your leafy greens like spinach, kale, chard, lettuces, etc.
7. Get fermented! Eating sauerkraut, kim-chi, apple cider vinegar and other fermented foods serve multiple purposes; they increase stomach acid, help you digest and break down food (good bacteria) and drastically reduce sugar cravings. Eating sugar wipes out stomach acid, allowing an overgrowth of infections, fermented foods help reverse this problem.
8. **Baking soda** magic. Many people know the old trick for taking baking soda for heartburn or reflux. But here is what people miss. Ideally, do NOT do this with meals as it weakens stomach and interferes with digestion (you can for an emergency and it works). Take 1/2 teaspoon in water on an EMPTY stomach morning and night to naturally increase stomach acid, alkalize the blood and create more bicarbonate minerals available to the body. Don't buy just any baking soda, get unprocessed!
9. Don't stress. Easier said than done, we know. **Holy Basil by Cedar Bear** is our favorite herb for relaxing. High stress forces the body into fight or flight which shuts down digestion. **Anxiety Free by Ridgecrest** works well also.
10. Get off the antacids. After one month of eating well and increasing stomach acid naturally, try reducing your dosages to see if you even need the antacids. Not only do these drugs take your money, but they also take your health along with it, leading to mineral loss, hip fractures, bone loss and increase risk of infection.

Low Stomach Acid: The Risks, the Symptoms, and the Solutions

By BodyEcology.com

The multi-billion dollar antacid industry has you believing that stomach acid is bad for you.

While you may use antacids for heartburn relief or indigestion, they are not a cure for what causes these problems in the first place.

Contrary to popular belief, indigestion is usually caused by low stomach acid – **also called hypochlorhydria** – and it affects up to half of our population. [1]

Treatment that further neutralizes stomach acid can make your digestion worse.

Why Stomach Acid is Good for You

Stomach acid or hydrochloric acid (HCl), is a very powerful digestive agent, and much more important than you realize.

HCl's important functions include:

- **Breaking down proteins into the essential amino acids and nutrients** your body needs in order to stay healthy.
- **Stimulating your pancreas and small intestines to produce the digestive enzymes** and bile necessary to further break down the carbohydrates, proteins and fats you eat.
- **Preventing disease** by killing pathogenic bacteria and yeast normally present in food.

As you age, your stomach acid tends to decrease anyway. Add a poor diet of processed foods and you may find that you have both digestive and immune problems.

Low Stomach Acid: A Vicious Cycle

There are two main consequences of low stomach acid:

You become protein malnourished. When your stomach acid is low, you are not able to digest protein. Improper digestion of protein creates toxins in your intestines that can set the stage for illness and disease.

Improper digestion of protein also creates acidic blood, since protein is by nature acidic.

You become mineral deficient. As your blood becomes more acidic, it will look for minerals from anywhere in your body, in order to get your blood to its more ideal alkaline state. Acidic blood robs your body of minerals, even taking minerals from your bones (which is important to know if you want to prevent osteoporosis).

Low stomach acid eventually creates a vicious cycle: low stomach acid = low minerals = acidic blood. This cycle continues because acidic blood further creates low minerals and low stomach acid.

Once this vicious cycle has started, there is a cascade of consequences:

You could eat plenty of protein and still be protein malnourished. This raises cortisol levels (stress or death hormone), thereby raising your blood glucose (blood sugar levels). Elevated cortisol adversely affects your behavior and temperament.

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Eventually, your adrenals become depleted (adrenal fatigue) and DHEA, the youth hormone, is suppressed, leading to premature aging.

Low DHEA and high cortisol affect your brain and behavior, but that's not all. The vicious cycle of low stomach acid affects your inner ecosystem too. Low stomach acid can lead to more bad guys (pathogenic bacteria, candida and viruses) than good guys (healthy microflora), thus lowering your immunity.

Symptoms of Low Stomach Acid

Here are some of the common symptoms and disorders caused by low stomach acid [1, 3]:

- Bloating, belching, and flatulence immediately after meals
- Heartburn (often thought to be caused by too much stomach acid)
- Indigestion, diarrhea, or constipation
- Undigested food in stools
- Acne
- Rectal itching
- Chronic candida
- Hair loss in women
- Multiple food allergies
- Iron deficiency
- Weak, peeling, or cracked fingernails
- Chronic fatigue
- Adrenal fatigue
- Dry skin
- Various autoimmune diseases

Increase Your Stomach Acid, Heal Your Digestion

Here are the 3 KEY ways to increase your stomach acid:

1. Reduce or eliminate sugar. Replace mineral-depleting sugar and sweeteners with Stevia.

2. Add fermented foods and drinks to your diet. Fermented foods and drinks keep you looking and feeling healthy from the inside out.

Some of our favorite fermented foods and drinks are:

Cultured vegetables – a delicious, vitamin, mineral and probiotic-rich, raw, fermented food.

Young Coconut Kefir – full of minerals and probiotics, this is a fermented drink you can easily make at home.

Liquid Spirulina – thought of as one of the "world's healthiest foods," spirulina is a perfect protein and an almost immediate energizer anyone suffering with adrenal fatigue.

3. Eliminate processed foods. Follow the 7 healthy eating principles of the Body Ecology Program.

As you eat a healthy Body Ecology diet, you will find your digestion improving. You may notice that you experience heartburn relief, less indigestion and improved energy. Or perhaps, if you have had long-standing digestive problems, your journey to health may take a bit longer. Be patient as you go step-by-step towards true health.

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Whatever the reason for low stomach acid, we have another solution for you: **Assist Dairy and Protein Digestive Enzymes.**

Assist Dairy and Protein is a potent blend of digestive enzymes and HCl designed specifically to help you digest proteins from all animal and vegetable sources.

There is no reason to suffer the vicious cycle of low stomach acid. So start by healing the root cause and watch your energy and vitality improve, naturally!

Sources:

[1] Stomach Acid Imbalance: Overview, Symptoms, Causes, Natural Treatments and Medicine
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[3] Kennedy M.D., Ron, Hypochlorhydria. Doctor's Medical Library
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