Heartburn No More™

A Proven Drug Free Holistic System For
Eliminating Acid Reflux and Heartburn

A Unique Easy To Follow 5-Step Plan To Eliminating Heartburn, Acid Reflux and Related G.I Disorders Using Proven Holistic Strategies

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Heartburn No More™

A Unique Step-By-Step Holistic Heartburn System Guaranteed to Cure Your Acid Reflux From the Inside Out, Giving You Lasting Freedom From Gastrointestinal Disorders

By Jeff Martin
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Chapter 1
Introduction
Welcome

Dear Heartburn Sufferer,

Regardless of your age or gender, whether you have severe heartburn or just a mild case or no matter how your heartburn condition manifests itself, the methods contained within the Heartburn No More™ System are the only practical answer. These methods are the only way that you will, as many others have, completely rid yourself of all types of heartburn in all levels of severity.

Like you I have suffered from severe heartburn, and just like you I have tried just about all the conventional medicines and over-the-counters that deal mostly with the symptoms (and often aggravate the root cause) but had little to no success. And just like you, something kept me searching, believing that there must be a permanent cure for heartburn, not just a temporary relief.

It’s imperative that you understand your heartburn didn’t just happen. There was a cause, and if you follow the right path eliminating the root cause, you can be rid of it forever. In fact, there is a natural, safe, cheap and highly effective path to cure heartburn.

This book contains that path.

The information you will discover in this book is the result of 7 years of searching, trial and error and experimentation. It’s the result of trying just about everything, keeping what works and discarding what doesn’t.

The “heartburn puzzle” was pieced together from the information I have learned from countless naturopaths, authors and healers, and from working with and interviewing many alternative practitioners and nutritionists.

I just want to assure you that you made the right decision when you ordered the Heartburn No More™ package. Regardless of what Western medicine
followers may have told you, heartburn can be cured – naturally and permanently.

In this book I’m going to share the Heartburn No More™ System, the only system based on 7 years of research that will help you cure your heartburn for good! I’ll explain exactly what heartburn is, the symptoms of heartburn, diagnosis, primary and secondary factors that cause heartburn and the conventional vs. natural holistic approach to curing heartburn. Most importantly, I will go over the exact steps you should take to cure your heartburn permanently, not just alleviating the symptoms, and how to prevent heartburn from ever taking control over your body and health.

By educating yourself about heartburn, you open the door to a lifetime of improved well-being and better health without the pain, annoyance, frustration and costs associated with living with and treating the heartburn condition.

My only goal in writing this book was to help you reach your goals – to eliminate your heartburn permanently and clear up all your confusion about the steps you are required to take to achieve that goal. If this book helps you succeed in eliminating your heartburn, then this book is a success with or without the accolades.

By following the Heartburn No More™ System, the vicious and destructive cycle of drugs, over-the-counters and futile costs are stopped. Now is the time and your natural right to open the door to an acid reflux-free life.
Ten Facts About The Heartburn No More™ System

Before we get into the heart of the program and reveal my personal story, let me share with you the ten reasons as to why this system might just be the most powerful heartburn system ever developed.

Heartburn No More™ provides you with a tested step-by-step plan to success.

It's a fact that no other heartburn system will provide you with the exact steps you need to follow in order to be heartburn-free. Most heartburn programs will merely give you vague guidelines of what needs to be done. With the Heartburn No More™ System, you get all the specifics. You are told exactly what to do, exactly how to do it and exactly when to do it and why.

Heartburn No More™ was written by a real heartburn sufferer.

This program was not written by some science geek who never had heartburn in his life. Instead, it was written with the blood and sweat of a real person who suffered from this painful condition for years, and it's the result of thousands of dollars spent on trial and error and more than 7 years of extensive research.

Heartburn No More™ is based on real world results.

This system is based on real world results, not textbooks or classroom lectures. Thousands of heartburn sufferers have already cured themselves
completely using the same principles within this program, including the author himself.

**Heartburn No More™ is truthful and unbiased.**

I’ve devoted the last 7 years of my life to helping heartburn sufferers win the war against deceptive advertising, false claims and other marketing scams in the heartburn industry. The Heartburn No More™ program is straightforward, providing you with the facts on how to eliminate heartburn with honesty and integrity. I have never been involved with any supplement or drug industry, and I am not affiliated with any of them.

**Heartburn No More™ is not just about alleviating the symptoms; it’s about your health and inner balance.**

Clearing heartburn from the root can never be achieved as long as your body is in a state of imbalance. Heartburn is not an esophageal disease or a problem with your stomach acids, no matter what your doctor tells you. It’s about taking responsibility over your body and about restoring it back into a state of balance where no disease can exist, not just heartburn.

**Heartburn No More™ is not just a special nutrition program.**

It merges nutrition with a comprehensive cleansing program and plans to rebuild dietary, supplementation, mental and lifestyle plans aimed at restoring your body back into balance. In short, it’s the perfect holistic heartburn solution.
**Heartburn No More™ doesn’t confuse heartburn symptoms with heartburn cure.**

Alleviating your heartburn symptoms and fixing the root cause of your heartburn are completely different things. Yes, treating the symptoms of reflux is obligatory if you have heartburn, simply because it can be an extremely painful and dangerous condition. Heartburn No More™ handles all the symptoms of heartburn using a unique 2-day relief treatment that works for almost all levels of acid reflux. However, in order to permanently cure heartburn, you must neutralize the “heartburn environment” (more on that later). The Heartburn No More™ System ensures this heartburn environment will cease to exist in your system.

**Heartburn No More™ is not a temporary quick fix.**

It offers a permanent solution and one that you can maintain as a lifestyle. The whole concept of curing heartburn by masking the heartburn symptoms is flawed. The whole concept of curing heartburn using various treatments aimed at healing the inflammation in the esophagus is also flawed. When you say that you’re going to treat your heartburn, the implication is that it’s temporary and that at some point (when your heartburn symptoms are temporarily gone and you feel some relief) you will continue with your bad nutritional and destructive lifestyle habits. The truth is that the only way you’ll ever get rid of your heartburn permanently is to adopt new habits and keep them. It may feel a bit uncomfortable in the beginning, but it will soon become entrenched into your daily routine and become easy, natural and highly rewarding.
Heartburn No More™ is simple.

With the information overload provided by the Internet, it’s only natural that you’ll feel overwhelmed with conflicting theories and mind-boggling misinformation. My goal in creating this program was to clear up the confusion and make the process as simple as possible. The simpler the strategies are, the more apt you are to apply them, and the greater your results will be.

Heartburn No More™ offers 24-hour FREE e-mail counseling.

Heartburn No More™ is the only heartburn program that comes with this exclusive 24-hour quality counseling. I challenge you to find similar offers on the Net. The Heartburn No More™ program is the perfect solution for heartburn, but the real value of the program comes from the personal guidance and support that I offer my customers. I am devoted to your success, and I will do anything within my power and knowledge so that you eliminate your acid reflux in the least amount of time and trouble and that it will also suit your individual needs and personal limitations. Most of my customers who chose to exploit this exclusive offer are in constant daily correspondence with me. It takes time and energy to answer all those e-mails on a daily basis. That is why I chose to provide this service only to people who buy the program. If you ordered the Heartburn No More™, I urge you to use this service too. I would love to hear from you.
Success is Yours

The solution I offer in my book is an intelligent, holistic, scientifically proven and all-natural approach that tackles the root cause of acid reflux and completely eliminates its symptoms.

A significant amount of individuals who either read this book or are associated with me and have implemented the methods outlined in the book are living proof that heartburn can be permanently banished. They are proof that getting rid of heartburn, even highly severe cases, is not science fiction. It doesn’t have to cost thousands of dollars or involve swallowing enormous amounts of pills or vitamins. You don’t need to spend unrealistic amounts of dollars on all sorts of special drinks that only mask the symptoms. Heartburn is in fact a manifestation of an internal problem. Heartburn is a very annoying and sometimes painful condition but not an untreatable or uncontrollable one.

The treatment offered in this book is the result of more than 7 years of intensive holistic research backed by thousands of hours of nutritional expertise. It’s based on my own personal experience as well as that of many readers who gracefully volunteered to give their own feedback and comments. Getting rid of heartburn and its painful symptoms is something that can be naturally achieved. It can be accomplished, but like anything worthy, it requires some level of dedication, persistence and patience.

My personal research yielded the Heartburn No More™ System, which is the heart of this book. If there was one important thing that I learned in regard to heartburn, it’s that it cannot be cured using a single-dimension protocol. A long-term solution for heartburn would have to be a certain combination of steps that together lead to its elimination and ultimate prevention.

The Heartburn No More™ System is simple to comprehend and consists of several methods and approaches you may have heard of before, but the key lies in how to conduct each step in the right order and combination of steps.
The program is simple, yet it’s revolutionary. Great things often come in simple forms.

Following the Heartburn No More™ System with persistence will eliminate all acid reflux-related symptoms, regardless of the severity of your heartburn. Moreover, many of my customers report a dramatic, positive impact over their previous digestive problems as well as their mental and emotional well-being. I sincerely hope and encourage you to become one of those people. I invite you to give my method a chance so that I could offer you a better life - a heartburn-free life.
How To Get The Most From The Book

This book offers a comprehensive natural approach to the treatment of GERD (gastroesophageal reflux disease). It's aimed at you, my fellow heartburn sufferer, who has tried and is fed up with conventional treatments and their unpleasant side effects and is willing to try a natural, long-term and practical way to get rid of heartburn.

This book is aimed at people with all types of heartburns with all levels of severity. It's aimed at individuals who wish to eliminate the cause of heartburn rather than deal with the symptoms. It's aimed at people who wish to reclaim control over their inner system and health and thus dramatically improve their overall health, enhance their elimination, improve the appearance of their skin and to look and feel younger and more vibrant.

This book will take you on a voyage that leads to heartburn freedom through a holistic approach by treating the body as a whole and having it cleansed and re-balanced from the inside, thus neutralizing the environment that encourages acid reflux.

I truly believe this book will change your life. If you are reading these lines, you are truly blessed beyond belief.

By following the Heartburn No More™ System to the letter, you'll not only eliminate all symptoms related to reflux, you'll also feel younger, healthier and more vibrant. You'll be able to overcome many illnesses and dysfunctions you may have had before the treatment such as constipation and obesity. You will achieve all that without the horrible side effects. The Heartburn No More™ System eliminates the root factors leading to heartburn, thus achieving real long-term success.

I spent more than 7 years researching, probing and analyzing information concerning heartburn as well as experimenting every available natural
solution. During that time I eliminated what didn’t work and put aside what was effective. I later combined all the knowledge I had learned with other holistic methods for the purpose of building the complete Heartburn No More™ System.

As mentioned earlier, treating heartburn is not a short process. It requires persistence and patience. Results may only appear visible after 4 or even 6 weeks. Moreover, each person is unique in the way he or she adapts and reacts to the treatments. Results may vary among different people with different types and levels of heartburn severity and sensitivity to certain foods. Keep in mind that it takes time for the body to heal itself and some level of maintenance to keep things in control.

Persistence and belief are vital if you wish to achieve success in eliminating your heartburn. You must understand that following each step alone will only yield short-term results. The combination of all the steps in the Heartburn No More™ System is the only key to lasting heartburn freedom.

This book is divided into 5 chapters and 4 appendices

Chapter 2 is the general section of the book aimed at building a foundation of knowledge regarding heartburn and the holistic approach. This is where I reveal the true nature of reflux heartburn, the true causes of heartburn, types of heartburn, common symptoms, complications of reflux heartburn, the pros and cons of conventional heartburn medications and over-the-counters and the crucial differences between conventional and holistic medicine.

Chapter 3 introduces The Quick Results Mini-Program. It’s designed especially for busy folks who don’t have much time on their hands but wish to see results ASAP and for people with very light heartburn. It’s not a quick fix approach, but it’s practical and extremely easy to follow.
Chapter 4 contains the complete step-by-step holistic solution to heartburn – the Heartburn No More™ System. This chapter reveals the general blueprint of the program as well as the specifics of each step of the Heartburn No More™ System outlined in a chronological manner with all the nitty gritty details of why, when and how to successfully accomplish each individual step. This chapter also introduces the basic steps you should take to get rid of these annoying and irritating on-the-surface symptoms of heartburn naturally in as quickly as 2 days.

Chapter 5 outlines the exact principles you need to follow to prevent the reoccurrence of heartburn and maintain a reflux-free environment.

Appendix 1 outlines several complimentary treatments for heartburn.

Appendix 2 offers an example of a 2-day detox diet – a short preliminary internal cleansing protocol.

Appendix 3 shows exactly how to maintain liver function – an important part of the heartburn maintenance plan.

Appendix 4 is the bonus section of the book where I share valuable feedback and tips from our customers.

The Heartburn No More™ System book also contains lots of theoretical as well as practical information as a means to provide the reader with the clearest, sharpest and most coherent picture of the disease and what needs to be done to eliminate its symptoms. By doing so, you’ll become more “heartburn educated,” more motivational and more focused on nothing but achieving your goal, which is eliminating the factors leading to heartburn formation and achieving reflux freedom with all its positive implications.

Be patient at the beginning. All the information in early chapters will come together in the end. As you begin reading, you may feel overwhelmed by the amount of information. Don’t be. The chapters were built in that order for a reason. That is why I urge you to read the book in its entirety first before you
start acting on the plan. This way you’ll gain a complete solid picture of things as they slowly fall into place and finally fit together in the end. It will ensure you won’t get too confused (as to why you’re required to do this or that and in that certain order) or miss essential information required to successfully complete the plan and achieve your goals.

Much has been done to keep this book as straightforward, simple and direct as possible. Whenever I could, I kept words to a minimum, and I strived to use as much conversational language and layman’s terms whenever I could to make reading easier, fun and understandable. Also, the book contains many links to other parts inside the book as well as to useful resources, so stay connected to the Internet while reading.

It’s important that you commit to take action and add a deadline to your goals if you wish to succeed. Without the will, a deadline and a proper motivation and dedication to eliminate your heartburn, you’ll only achieve poor or short-term results. It’s advisable to adhere to the Heartburn No More™ System as it was especially designed to make your heartburn a part of your history.
Get Rid Of Acid Reflux Holistically

You really can get rid of heartburn – naturally and holistically. How?

- By learning what a “reflux environment” is
- By learning exactly what conditions are needed for a heartburn/reflux environment to exist and how to neutralize these conditions so that heartburn will banish forever
- By learning the connection between heartburn and inner imbalance and how to quickly restore the body back into balance
- By understanding that heartburn is primarily a Western problem and that there is in fact a tight connection between Western diet, Western lifestyle and heartburn in spite of what modern medicine and the media want you to believe. Research has clearly shown that in non-Western societies where people don’t eat Western food, they also don’t have heartburn.
- By learning the evident link between the existence of Candida (yeast) overgrowth, stressful lifestyle, inadequate sleep, lack of exercise and the aggravation of heartburn.

To get rid of heartburn permanently, equip yourself with information about toxic elimination, internal cleansing, acid-alkaline balance, healthy and well-balanced diet, stress control, the Candida yeast link, antibiotics, probiotics and prebiotics.

The Heartburn No More™ book will provide you with all of the above invaluable information. This is not only an informational book but also a complete step-by-step system that will take you from where you are now to where you want to be – to have lasting heartburn freedom.

Everything you need to succeed is contained in these pages. Apply it! Knowledge applied is extremely powerful, but knowledge unused is worthless. Begin using this information immediately. The sooner you start, the quicker
you’ll see results on your heartburn condition. So start today. Start now. If you need further assistance, e-mail me: support@HeartburnNoMore.com. You’ll have all my knowledge and expertise by your side.

Download Full eBook Right Now!!!
Chapter 2

All About Heartburn and Acid Reflux
Section One - The Truth About Heartburn

What is GERD (acid reflux)?

Heartburn, the burning sensation in the middle of the chest that is usually triggered after eating, is actually the most common symptom of a more complex disorder called GERD (Gastroesophageal reflux disease) or acid reflux – a condition where the stomach refluxes or backs up its liquid content to the esophagus.

Since the stomach contains acid, in addition to bile and several digestive enzymes such as pepsin, the liquid returned to the esophagus comes into direct contact with the lining of the esophagus, causing agitation and a burning sensation.

If the body cannot prevent the acidic mixture from backing up into the esophagus, in time it can seriously damage the esophagus and lead to dangerous complications.

The esophagus is a muscular tube in which food is transported using muscular contractions from the mouth to the stomach. Normally, the lower esophageal sphincter (LES), located at the bottom of the esophagus, serves as a one-way valve that opens automatically to allow food to enter the stomach and closes automatically to prevent the acidic content of the stomach to reflux into the esophagus. However, when the LES “relaxes,” is weak or loose and doesn’t operate accordingly and in appropriate times (e.g., stays open when it needs to be closed), the content of the stomach flows back into the esophagus.
The severity of the acid reflux depends on three factors:

- The LES’ muscular tone
- The type and quantity of liquid that refluxes from the stomach
- The natural ability of the esophagus muscles to cleanse the bottom of the esophagus.

It’s interesting to note that with most individuals who suffer from acid reflux, the concentration of acid within the stomach’s content liquid is much higher than with people who don’t experience reflux. Moreover, it has been found that among heartburn sufferers, the acidic liquid of the stomach comes into contact with the lining of the esophagus and stays there longer than it does among non-reflux sufferers.

To protect itself from prolonged damage to the esophagus, the body uses the effect of the saliva, which contains water, electrolytes, enzymes and mucus to neutralize the damage to the esophagus inflicted by the acid reflux. Moreover, during waking hours when the body is in an upright position, the force of gravity pushes the liquids back into the stomach.

However, at night as the body produces less saliva, the lack of swallowing due to the body’s position and as gravity works against us, the reflux liquids stay longer in the esophagus, increasing the damage and injury to the lining of the esophagus.

Interestingly, although there seems to be a clear genetic tendency to develop heartburn, such as having a weak LES or hiatal hernia (an oversized opening in the diaphragm that makes it easier for the stomach content to reflux – more on that later), researchers have clearly shown that many heartburn sufferers don’t have a weaker LES or necessarily suffer from a hiatal hernia. Moreover, many hiatal hernia sufferers have no reflux symptoms at all.

It seems that the real cause lies more in the lifestyle choices that we make than in our genetic predisposition. It’s a known fact that medications and
drugs that dilate blood vessels, such as calcium channel blockers, may reduce the muscular tone of the LES and thus contribute to acid reflux symptoms. Smoking, alcohol, and certain foods are also known for their ability to weaken and relax the LES. Some foods can make the stomach environment more acidic, encourage Candida overgrowth, intoxicate the blood and the organs of elimination (including the bowels), cause chronic digestive problems and lead to fermentation that backs up into the intestines and up to the esophagus. Stressful lifestyle, lack of exercise and inadequate sleep can all lead to major digestive disorders that manifest themselves in heartburn among many other ailments.

Pressure on the abdomen either due to pregnancy, tight-fitting garments or obesity can also make it easier for the stomach content to flow back into the esophagus and result in heartburn and inflammation.

As long as our internal system is cleansed and has the proper acid-alkaline balance (more on that later), our immune system, the digestive system and elimination organs are working properly, and the probiotic friendly bacteria such as Lactobacillus acidophilus, B. bifidum, Lactobacillus bulgaricus, Streptococcus thermophilus and L. salivarius are greater in relation to the number of Candida microorganisms, acid reflux symptoms are minimized – if not completely gone.

It’s only when our internal system is compromised that the perfect environment for acid reflux develops. This is due to any of the following:

- Toxic buildup (in the bowels, blood, lymph or kidneys)
- Loss of friendly bacteria (e.g., due to the use of prescription drugs, antibiotics or chlorine)
- Weakened immune system that encourages Candida overgrowth
- Over-acidity in the digestive system
- Lifestyle habits that reduce the muscle tone of the LES
• A diet high in toxic foods, refined carbohydrates (sugar, white flour, white rice) or foods that weaken the LES and a diet lacking highly nutritional foods such as fresh raw fruit and vegetables.

GERD is a complex condition triggered by more than one factor, which is what makes it very difficult to get under control. This is one of the reasons why doctors still find this chronic condition so hard to eliminate using prescription drugs and over-the-counters. Luckily, there is an alternative - the holistic way that tackles the problem from the root and restores the inner environment back into balance.
The Real Cause Of Acid Reflux

The basic, most fundamental truth regarding the vast majority of chronic health conditions, including acid reflux, is that there is no such thing as a single cause.

Similar to other health conditions, acid reflux is an environment that is triggered by several primary and secondary factors and the relationship between both. There are factors and co-factors that contribute to acid reflux, and there are causative agents that aggravate an already compromised heartburn condition.

There are also day-to-day situations, external factors and psychological and mental factors that directly or indirectly form the environment in which acid reflux manifests itself in a variety of the common symptoms; among them is heartburn.

Because every health problem is multidimensional, the solution must be multidimensional in order to eradicate the problem from the root. This is one of the reasons why science and conventional medicine fail in treating most Western inflictions. Instead of treating the body and health condition as one, as a whole, they tackle the manifestation of the condition or the injured parts (more on that later).

As with most health disorders, acid reflux is formed with the help of several genetic tendencies:

1. **Over-Production of Acid:** Some heartburn sufferers simply produce abnormal amounts of acid in their body, making their stomach liquid more acid concentrated and thus can inflict more damage when it comes into contact with the esophagus.

2. **Weak Muscle Tone of the Lower Esophageal Sphincter:** The lower esophageal sphincter (LES) muscle contractions are weak
among some reflux sufferers. This allows more acidic content to reflux back into the esophagus, leading to GERD.

3. **Random Relaxation of the Lower Esophageal Sphincter:**
   Normally, the LES relaxes for a few seconds after swallowing to allow food and liquids to pass through. However, among some GERD sufferers, the LES relaxes at random times for several minutes, allowing acid to reflux to the esophagus.

4. **Hiatal Hernia:** Interestingly, although there’s a significant link between hiatal hernia (a condition where the part that connects the stomach to the esophagus is pushed between the LES and the diaphragm, thus compromising the ability of the diaphragm to help the contractions of the LES, resulting in GERD) and between acid reflux, very few GERD sufferers have a hiatal hernia and vice versa. Many people that have hiatal hernia don’t suffer from reflux symptoms.

   A hiatal hernia can also cause acid to build up in the part where the stomach pushes its way past the LES, a condition called hiatal sac. The acid that is built up can easily find its way into the esophagus as the latter relaxes.

   A hiatal hernia also alters the angle at which the stomach and esophagus connect, thus making the LES ineffective in preventing acid from backing up into the esophagus, a condition that is often referred to as “broken door.”

   But again, it’s a fact that very few reflux sufferers have hiatal hernias.

5. **Difficulty in Swallowing.** Some reflux sufferers experience difficulty in swallowing food and pushing it from the top of the esophagus through to the stomach. This causes a buildup of acid that damages the esophagus.

   Genes are only part of the problem as some of us are more prone to diseases than others, but that is not to say that if we have some tendency to develop a
condition or a weakness of some sort, there is nothing we can do. Although we cannot change our genetic structure, we can tackle the other parts of the disease puzzle. We can make a difference, reverse our diseases and regain our health and energy by making affirmative decisions to change our lifestyle, dietary choices and thoughts that lead to poor health, toxic buildup, weak immune system, Candida overgrowth and digestive disorders that promote the occurrence of GERD and the majority of all common illnesses. Then we can gain control over our health and inner terrain.

The following are primary non-genetic factors that promote an acid reflux environment:

- Dietary Choices, over-acidity and sluggish digestion
- Candida albicans overgrowth
- Auto-intoxication
- Stress, inadequate sleep, obesity.

These 4 factors create the perfect environment for the formation and aggravation of acid reflux, which manifests in heartburn.

With that said, let's go into more detail about each of the primary and secondary factors that contribute to reflux heartburn.

Dietary Choices, Over-Acidity and Sluggish Digestion

A diet high in refined carbohydrates, processed and toxic foods and low in fresh fruits and vegetables affects biochemical processes within the cells, worsens digestion and interferes with the natural toxic elimination process. Furthermore, it also feeds Candida, which thrives on refined carbohydrates such as sugar, white flour and white rice and can lead to acid reflux since its
overgrowth causes fermentation in the colon (see the Candida reflux connection).

Lack of nutrition is another factor. Our body needs to obtain about 40 essential vitamins, minerals and nutrients to enable the cells in our bodies to fully function and remain healthy. These nutrients mostly come from our diet since the body cannot produce them by itself. When we eat more processed foods and less foods with high nutritional value, the immune system declines. With a weakened defense system, we make it easier for Candida to multiply and aggravate digestive problems and the acid reflux condition.

Over-acidity in the digestive system, usually due to a diet high in acidic foods, is another major factor. A state of over-acidity causes the blood to become sludgy and thick, creating the ideal environment for Candida overgrowth (more on the acid-alkaline balance later), making the stomach content more acidic, which in turn causes more damage when it contacts the lining of the esophagus.

When our digestion is optimized, it helps in expulsion of yeasts and bacteria. When our digestive system is sluggish due to several factors discussed in later chapters, undigested food and rotten food particles that circle the blood stream and are stored in the digestive tract will accelerate many disease symptoms including Candida and acid reflux.

**Candida Albicans Overgrowth (Candida Reflux Connection)**

Acid reflux originates in the colon. It's also the result of years and years of a fungal yeast infection that builds up in the colon. When Candida albicans turn from yeast to fungi, they depress the immune system and produce more than 79 distinct toxins that may be responsible for many of the symptoms that Candida sufferers have including heartburn. When Candida gets out of
control, it breaks through the intestinal walls and travels throughout the body. It can attach itself to the genital areas, the mouth and the esophagus among many other parts of the body. When Candida goes out of control, it begins to ferment and reflux the contents of the stomach upwards through the small intestines, through the stomach and then through the esophagus, causing infection, burning and damage to the esophagus.

The following is a simple and easy-to-use home test for Candida:

First thing in the morning and on an empty stomach (no food or liquids allowed), find a clear glass and fill it with mineral or reverse osmosis water. Next, work out a generous amount of saliva and spit into the glass.

Leave the glass of water aside for a period of up to an hour. If you have a mild case of Candida yeast infection, you will see strings in the form of legs that travel down into the water. If you have a systematic advanced case of Candida yeast infection, you will see your saliva sink to the bottom of the glass.

Bear in mind that most people fail the test. I have failed it big time when I first applied this self-diagnosis test. Only in rare cases or after you have eliminated your Candida will the saliva remain floating on the water.

Auto-Intoxification

Our constant exposure to thousands of toxins on a daily basis through the food that we eat, the air that we breathe, the drugs that we take and the poor quality of our water supply all lead to toxic buildup in the blood, lymph, kidneys and colon. This leads to short-term and long-term health conditions. Among them is GERD.
You can take thousands of herbs, supplements and over-the-counters to combat your heartburn, but without cleansing your internal system and your digestive tract in particular, it will be like painting a rusty car, and you will never get rid of acid reflux.

The root of all Western afflictions is “auto-intoxification” caused by a huge amount of undigested food and dead fecal matter trapped inside your intestinal tract, along with a potentially sluggish digestive system. As mentioned earlier, poor digestion is one of the main heartburn contributing factors along with other ailments.

By the time you have cleansed your internal system, your detoxification process and your immune system will vastly improve, and your digestion will become enhanced. You will feel more energetic and healthier, and conditions such as acid reflux will become a thing of the past.
Stress, Inadequate Sleep, Obesity

Stress invoked either by inadequate sleep, emotional issues, anxiety or pressure in your daily routine have been scientifically proven to trigger digestive problems, weaken the immune system and encourage Candida overgrowth (because the body releases a hormone called cortisol, making your body defenseless against Candida), which can contribute to acid reflux and heartburn.

Stress also elevates blood sugar levels that feed Candida cells and changes our bacterial internal environment in the gut as it decreases the friendly bacteria and allows Candida to take over, resulting in the aggravation of acid reflux.

Obesity is another heartburn-triggering factor. The more pressure there is on your abdomen and the more fat cells there are clogging up your middle, the more difficult it is for your digestive organs to work properly. Intensive pressure on the abdomen also allows stomach content to reflux into the esophagus, causing more damage.

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Risk Factors for Reflux Disease

When it comes to acid reflux, there are 5 risk groups involved.

Risk Group 1: Age

Although acid reflux can happen at any age, GERD more commonly occurs in middle age as up to 20% of older people (aged 55-74) suffer from acid reflux. The reason is probably due to the natural weakening of the esophagus muscle tone and the weakening of the LES due to aging. Another cause for GERD among older people is the likelihood of developing a hiatal hernia at that age, and that may trigger acid reflux. Excessive consumption of drugs and medications, which is more common at an older age, can also weaken the LES and contribute to GERD.

Risk Group 2: Smoking and Alcohol

Smoking is associated with almost every known ailment and is also a major factor in the development of acid reflux disease since smoking also significantly weakens the LES. Alcohol consumption also weakens the LES, and if combined with smoking, the damage and risk for heartburn complications can be much worse.

Risk Group 3: Medication Takers

Drugs and medications such as Fosamax and nitrates, calcium channel blockers (for the treatment of high blood pressure), theophylline for asthma, nitroglycerin for angina and anti-anxiety medications such as benzodiazepines
can also contribute to the weakening of the sphincter muscles and lead to acid reflux.

Additionally, medications aimed at treating ulcers by killing the bacterium that is responsible for ulcers and gastritis (Helicobacter pylori) can also contribute to GERD since the Helicobacter pylori may actually protect the body from developing acid reflux.

**Risk Group 4: Obesity**

Individuals with a body mass index greater than 30 are more likely to develop acid reflux than others since among obese people the fat cells clog their middle, making it harder for the digestive system to work properly. Obesity also puts pressure on the abdomen, allowing the stomach content to reflux into the esophagus.

**Risk Group 5: Pregnant Women**

Less than half of pregnant women may develop mild and intermittent acid reflux due to the intake of medications that weaken the LES, the increased pressure on the abdomen and because of the levels of hormones (estrogen and progesterone) that form part of pregnancy and also weaken the LES.
How Is GERD Diagnosed?

Once you have determined the presence of the common symptoms and the risk factors of acid reflux, your doctor may likely put you on an anti-reflux or anti-acid drug therapy. This is the preliminary step for diagnosis whether you suffer from GERD or not. If heartburn symptoms subside after the therapy, then it is most likely that you had acid reflux. If your heartburn does not improve with drug therapy or with lifestyle changes, you may need to undergo a series of additional tests.

Note: There’s one caveat to the above diagnosis – people with ulcers may also respond positively to the drug therapy as the symptoms of gastric ulcer and GERD are very much alike.

The following are the most common tests for diagnosing the presence and the severity of acid reflux:

**PH Probe**

This is the most common and standard diagnostic test for acid reflux. In this test a thin wire with an acid sensor is inserted through the nose into the lower area of the esophagus and is attached to a monitoring device worn outside the body. You are then monitored for 24-hour periods to determine if the acidity levels of your esophagus alters during each meal, during activities and while you sleep.

**Esophageal Manometry**

This test involves the swallowing of a catheter for about an hour and will examine the muscle tone of your esophagus and identify abnormalities in the
LES or the slightest pressure in the LES. The results are recorded on graph paper.

Upper Endoscopy

This test is aimed at diagnosing complications of GERD such as Barrett’s metaplasia, cellular changes and abnormalities in the mucous membrane. Your doctor will spray your throat to numb it, and a small tube with a camera on the edge will be placed into the esophagus to examine whether the lining of the esophagus is inflamed or irritated. A full endoscopy test (includes the stomach and small intestine) will identify many complications of GERD including ulcers, strictures and Barrett’s esophagus. Biopsy should be considered if the results are unclear or somewhat questionable.

Examination of the Throat and Larynx

If you suffer from sore throat, cough or hoarseness, it’s often caused by inflammation of your throat or larynx, but these symptoms may also be triggered by GERD. An ear, nose, and throat (ENT) specialist will check the throat for inflammation. If the diagnosis is negative, acid-suppressing treatments will be given to confirm the occurrence of acid reflux condition.

Gastric Emptying Studies

Since most GERD sufferers have digestion and elimination problems, this test is aimed at determining the ability of food to pass through your stomach and out from your system (transient time). By eating a meal with radioactive substance and placing a sensor counter over your stomach, one can measure the time it takes for your stomach to empty the food that you ate.
Biopsy

If an endoscopy fails to deliver clear results or yields questionable results, a biopsy may be given using a microscope. It can diagnose whether you suffer from acid reflux and other digestive abnormalities including the cellular change of a Barrett’s esophagus.
Signs And Symptoms Of Reflux Disease

Having heartburn is the most common symptom of GERD. Heartburn is characterized by a feeling of burning in the chest accompanied by chest pains behind the breastbone that work their way up the throat and neck. Heartburn can also be located in the abdomen and back. The feeling of burning is often worse after eating. Heartburn often feels as though food comes back to the mouth accompanied by an acidic taste. Heartburn results from the acid that refluxes to the esophagus and irritates its nerves.

Other symptoms of GERD that range from moderate to severe include:

Nausea

This is quite an uncommon symptom among GERD sufferers. Intense nausea can occur in severe cases of GERD when there are complications of the disease accompanied by vomiting.

**Important note:** Vomiting blood or passing blood in your stool is an emergency sign, and you should immediately visit your family physician.

Regurgitation

When small amounts of reflux liquids go up to the mouth, regurgitation occurs along with an acidic taste in the mouth. Seldom these liquids are accompanied by food. In time, chronic regurgitation can cause damage to the tooth enamel.
Inflammation of the Throat, Larynx and Lungs

Reflux liquids can also cause soreness and hoarseness when they come into contact with the throat and larynx. Sometimes the reflux liquids can make their way into the lungs and lead to coughing and choking and can cause a dangerous infection.

Asthma and Cough

As the reflux liquids irritate and inflame the lining of the esophagus, they also irritate and stimulate the nerves. The stimulation of the esophagus nerves signal the lung tubes to narrow, which may result in severe coughs and asthma attacks. Asthma can also be the result of aspiration of gastric contents to the lung.
Complications of Reflux Disease

GERD, if left untreated, can over time go beyond being plain irritating and lead to dangerous complications such as an ulcer, erosive esophagitis or Barrett’s esophagus. Be sure to take advantage of the knowledge presented here and take the necessary steps to prevent or limit the impact of GERD’s potential complications on your health.

The most common GERD-related complications are:

**Fluid in the Sinuses and Middle Ears**

The sinuses and middle ears can also be affected by acid reflux. When reflux liquids enter the throat, they have the potential to inflame the adenoids. The adenoids begin to swell and block the sinuses and Eustachian tubes, causing fluid to accumulate in the nasal passages, which leads to pain and discomfort in the sinuses and ears.

**Ulcers**

Ulcers, a break in the lining of the esophagus, are one of the many complications of GERD, especially when the condition is left untreated. Ulcers form when the reflux liquids irritate and inflame the esophagus for prolonged periods of time. In time and with intense “reflux activity,” ulcers can become more severe and cause bleeding that will require immediate medical intervention.
Esophagitis

Over time, when fluids from the stomach and digestive enzymes reflux into the esophagus, they cause inflammation in the lining of the esophagus. This inflammation, which can lead to bleeding, is called esophagitis. The symptoms of esophagitis are anemia, vomiting blood and black stools. Esophagitis can develop into severe ulcers that lead to pain when swallowing, scarring and narrowing of the esophagus.

There are several other causes for esophagitis. Among them are radiation treatment for breast cancer, obesity, smoking, alcohol and anti-inflammatory drugs (NSAIDs).

Having esophagitis can be confirmed using endoscopic tests. However, it is most advisable to combine that with a biopsy of the inflamed tissue to eliminate the occurrence of cancer of the esophagus.

Stricture

Multiple scars within the esophagus formed by healed ulcers and recurrent inflammation can over time narrow the width of the esophagus (the opening of the LES), causing significant difficulty in swallowing food. The opening can shrink to a tiny hole (and mimic the difficulty of fluid to pass through a clogged sink drain) where large pieces of food can practically block the esophagus. Diagnosis is important when stricture occurs since cancer can mimic the symptoms of stricture. Endoscopy can be used to remove particles of food that are stuck in the esophagus. In severe cases, surgery is required to widen the esophageal passage.
Barrett's Esophagus

Over time, esophagitis or reflux disease that are left untreated can lead to a dangerous condition called Barrett's esophagus. Barrett's esophagus is characterized by a cellular change in the lining of the esophagus that may lead to esophageal cancer. When Barrett's esophagus occurs, the squamous cells (the cells that line the esophagus) change into different types of cells called columnar cells (a process called metaplasia). When metaplasia occurs, the lining of the esophagus is damaged in a way that makes it thick and hardened (causing the lining of the esophagus to be replaced by a type of tissue similar to that normally found in the intestine) and thus prevents food from entering the stomach. Metaplasia is an irreversible process in the vast majority of cases.

Barrett's esophagus is uncommon among children and is most likely to occur among men over 45. About 5-20% of people with Barrett's esophagus will develop cancer called esophageal adenocarcinoma.

Esophageal adenocarcinoma is in most cases not curable, partly because most diagnoses are done in late stages when treatments are not effective. This is the main reason why endoscopic screening is so important as it can monitor the changes made in the tissue of the esophagus. If the tissue looks suspicious, then a biopsy should be performed. A small tissue from the lining of the esophagus is removed and examined by a pathologist. It's important to note that a surgical procedure for treating acid reflux will not cure Barrett's esophagus.
Section Two - Holistic Medicine vs. Conventional Medicine In The Treatment Of Heartburn

Natural Medicine vs. Conventional Medicine (The Crucial Differences)

Conventional Medicine

While natural medicine perceives the human body as a complete holistic system unrepeated from nature, conventional medicine treats the body by its separated physical organs.

Conventional medicine has failed to acknowledge the sad truth that man, along with all living creatures, will never be compatible with artificial chemicals, no matter how identical these chemicals may look, feel and smell compared to the natural adversaries (e.g., an orange-flavored beverage vs. a freshly squeezed orange).

Synthetic chemicals cannot be truly or completely absorbed by the body. Because of their artificial form, synthetic chemicals of any kind are
incomprehensive to the body. This is why these chemicals cannot enter your system without creating some level of catastrophe.

While holistic medicine’s conviction is mainly to restore the body back into a state of inner balance, to increase optimal genetic function and to help the body cleanse and heal itself, conventional medicine focuses its entire efforts on “making the patient comfortable” and by calming the pain with drugs and ointments, which function as patches to the symptoms of the disease.

The Sad Truth of Heartburn Medications and the Medication Trap

The sad truth is that most doctors care more about your money and their status rather than your well-being. Other doctors do care about your health, but all the while they are fixated on a single stream of scientific thought and empirical research.

These doctors are under monstrous pressure from drug and pharmaceutical companies to prescribe topical treatments, creams, ointments and antibiotics. Drug and pharmaceutical companies are the main fund providers of acid reflux research, and they have all the interest in the world not to admit that drugs are mostly worthless, harmful and expensive.

Very few doctors have gone through that leap of faith and become more associated with nutrition. Unfortunately, they are rare exceptions.

The truth is we are all aggressively hypnotized on a daily basis. We are kept in a state of fear because it sells more medicine.

The disturbing truth is that the medical establishment and the pharmaceutical companies do not want to find a cure for a disease such as cancer, AIDS or GERD. They want to continue to sell drugs that merely alleviate the symptoms
to keep you needy so you’ll spend more money and they will make more profit.

One of the fundamental mistakes of Western medicine thinking is its tendency to classify many illnesses as genetic disorders. This approach leads many to believe they are actually born that way with that certain disease and there is nothing they can do to fix it.

This partly explains why Western medicine has such a pre-designed methodical practice aimed at alleviating the symptoms while ignoring the true cause of the illness.

Ironically enough, by taking medicines for the rest of your life, the Western medicine approach of “there will be no cure” becomes the truth.

The truth is that although we are born with certain genetic tendencies and weaknesses, we do have control over our health and well-being.

By understanding the internal problem that caused the disease, by listening to your body, taking responsibility over your health and making the necessary changes (lifestyle, dietary and internal cleansing), you can regain your health and take control over your life without the cost and side effects of conventional medicine.

It’s time to wake up.

What GERD Treatments Does Conventional Medicine Offer?

There are several treatments conventional medicine offers as a way of dealing with acid reflux. I have used all of them, but unfortunately none has been able to effectively eliminate my GERD condition and the symptoms associated with
it in the long run. This is mainly because most of these treatments, over-the-counters in particular, are focused on the symptoms of the disease as they provide “patches” rather than addressing the root factors.

There are in fact some conventional anti-acidic treatments that can effectively alleviate the symptoms. There are two caveats to that treatment:

1. They work temporarily. Reflux is a complex condition. To effectively eliminate it you must neutralize the environment that keeps it alive. Reducing the inflammation in the esophagus will be like cutting the plant but leaving the roots. It will grow again.
2. Most anti-acidic treatments also carry a myriad of side effects, some of which are serious.
Over-The-Counter (OTC) Medications, Prescription Treatments and Surgical Procedures

Having a sudden aggravation of your reflux condition can be relieved almost immediately by using over-the-counter (OTC) drugs. However, many OTCs that may aid digestion or help reduce acidity have several potential problems. OTCs can actually aggravate your condition in the long run by irritating your stomach or esophagus lining.

Although OTCs have less known side effects than prescription treatments, they can still have side effects, even life threatening ones. Among them are severe ulcers and stomach bleeding. As a rule you should avoid purchasing OTCs without consulting your doctor even if symptoms are severe. In the majority of cases, following the principles of the Heartburn No More™ program will help eliminate and prevent such occurrences naturally and without side effects.

That said, here is some information about OTC treatments and their effect on acid reflux:

**Antacids**

Antacids are drugs aimed at neutralizing stomach acid by emptying the acid from the stomach. In this way the reflux liquid will contain no acid. Although antacids work very fast, their effect is quickly reduced as acid re-accumulates in the stomach. Antacids are most effective if taken either just before eating or an hour after a meal. This way antacids will stay in the stomach longer, and their effect will increase.
The effect of neutralizing acid stomach is achieved using three basic salts – magnesium, calcium, and aluminum – with hydroxide or bicarbonate ions.

The problem with calcium-based antacids is that they also stimulate the release of a hormone called gastrin that is mainly responsible for stimulating the production of stomach acid, which is counterproductive. Antacids also have some side effects including constipation, diarrhea and nausea.

**Pepto Bismol**

Pepto Bismol is a famous antacid OTC product that may temporarily soothe acid reflux and IBS (irritable bowel syndrome) symptoms, ease nausea and help digestion. Pepto Bismol contains bismuth subsalicylate, an active ingredient that impedes the growth of bacteria, particularly H. pylori, (a bacteria related to ulcers) and aspirin. Pepto Bismol can cause side effects such as ringing in the ears.

If your acid reflux does not respond well to OTC treatments, your doctor may prescribe a number of antacids or drugs that stop the production of acid or aid the muscles to empty your stomach.

**Foaming Agents**

Foaming agents are drugs that help cover your stomach contents with foam to prevent acid reflux. They contain a combination of aluminum hydroxide gel, magnesium trisilicate and alginate. Foaming agents are best taken after meals and in combination with other drugs to maximize their effectiveness. If your esophagus is damaged, foaming agents are useless.

**H₂ Blockers**

H₂ blockers (histamine antagonists) suppress acid production by attaching themselves to the receptor cells in the stomach. H₂ blockers do that to prevent histamine (They block histamine type 2) from stimulating the production of
acid. If you suffer from inflammation in the esophagus, $H_2$ blockers are useless, but they can be effective at temporarily alleviating the symptoms of GERD. The difference between over-the-counter $H_2$ blockers and those prescribed is the strength of the drug.

**Proton Pump Inhibitors (PPIs)**

Proton pump inhibitors are more potent than $H_2$ blockers, and their success rate at alleviating the symptoms of GERD is far greater. PPIs work by blocking the production of acid in your stomach while helping your esophagus to heal in case of inflammation as they protect it for any contact with acidic reflux. PPIs are usually used when $H_2$ blockers prove to be ineffective. They are best taken before meals.

**Prokinetics**

Prokinetics, also called pro-motility drugs, are aimed at helping your stomach expel content more rapidly, enhance the stomach muscle tone and strengthen the LES. Pro-motility drugs are most effective when taken before meals and at bedtime. However, prokinetics can cause some side effects and are not helpful at treating complications of GERD or at relieving the symptoms of acid reflux.

If your heartburn does not improve with lifestyle changes, OTCs or drugs, you may need additional tests such as barium swallow radiograph, pH monitoring, endoscopy and biopsy, and you may be advised by your doctor to undergo the following procedures:

**Surgery**

Surgery should only be considered when no improvement has been made using OTCs or through the treatment of drugs. This is crucial in cases where the regurgitation is chronic, cannot be treated by drugs and results in lung infection. Some reflux sufferers may go for surgery when a large volume of
drugs is needed to control their symptoms. Doctors may often recommend surgery when Barrett’s esophagus occurs to eliminate GERD and to prevent cancerous growth in the esophagus.

**Fundoplication**

Fundoplication, also called Nissen fundoplication, is a standard surgery with numerous potential complications and therefore not recommended except when every other treatment has failed. In this surgery the fundus are wrapped around the esophagus as the upper part of the stomach is wrapped around the LES. This is done to prevent refluxed liquid from entering the esophagus and to strengthen the LES muscles while allowing food to enter the stomach.

There are several potential complications to fundoplication, among them are:

- Nausea
- Abdominal cramping
- Gas bloat syndrome
- Hiatal hernia
- Inability to burp or vomit
- Retching
- Small bowel obstruction
- Pale skin
- Swallowing problems
- Hypoglycemia

**Implants**

An alternative to surgery that was once approved by the FDA is the implant of a spongy solution called Enteryx, which is injected during endoscopy and prevents the stomach liquids from refluxing into the esophagus. Enteryx, was usually approved only for GERD sufferers who responded positively to proton pump inhibitors.
However, in 2005 the FDA recalled Enteryx after several injuries and one death. The Food and Drug Administration criticized the Enteryx marketer (Boston Scientific Corp.) for "ongoing systemic violations" of quality-control standards and said it wouldn't approve new products from the company until the deficiencies are corrected.
The Holistic Medicine Way

Natural medicine, or holistic medicine, yields to nature and its everlasting laws. It's not preoccupied with diagnoses or cures simply because of the belief that what causes a disease to exist in the human body is the body itself being incomplete. The laws responsible for illness cannot exist in a healthy and complete body. A good allegory to that perception is that darkness cannot exist in the presence of light.

Holistic medicine perceives the body as a whole (body, mind and spirit) and not by the sum of its organs. According to holistic medicine, everything you absorb (attitudes, beliefs, chemicals or food) directly affects your system as a whole in a negative or positive way.

For that reason, holistic medicine aims to avoid any intrusive approaches to healing but rather nourishes the approach of building a strong immune system, increasing the body's functionality and enhancing spiritual and mental strengths and stabilities.

Natural medicine yields to nature and believes in the individual obligation to clean the body from any unnatural residues. A body that is cleansed from any unnatural elements is more harmonized with nature and thus more rejuvenated and vitalized. Unnatural elements can be anything from synthetic or unnatural foods, polluted air and water, inadequate exercise, accumulations of toxins in your body and any extreme activity that does not yield to the laws of nature.

A disease occurs every time the body deteriorates when it is in an imbalanced state or disharmony due to excessive toxicity or inadequate nutrition (deficiency of force). The symptoms of the disease can only point out that something is wrong and that the body is in a state of imbalance and danger.
Most illnesses occur when the body's cleansing organs cannot remove all the excessive amounts of toxics that get into the cell walls, bones, hormone receptors, tissues and even cell surfaces. In most cases the moment toxins enter your system, that disease begins. When symptoms occur, it’s often too late as something has already been damaged.

Natural medicine believes that by allowing the body to conduct its internal cleansing process of removing toxins, also known as detoxification, along with restoring it to a state of balance with the right nutrition, it can result in more than 90% of illnesses healed by the body itself.
Chapter 3
The Heartburn No More™ Quick Results Mini Program
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