

The Truth about GERD - 6 Easy Steps to Reduce Acid Reflux -

Episode 27 - from the podcast The Holistic Navigator
notes from Ed Smith - Nutrition World - Chattanooga TN

How to get off proton pump inhibitor drugs - such as Nexium - the purple pill

Retraining the bodies own system - re-educate the body - it can take 3 to 4 months to get results

1. D-Limonene Jarrow Formulas — 500mg - take 1 pill in the morning every day for 20 to 40 days - it will help the esophagus have protection. It stimulates peristalsis and moves food out of the stomach - supports gallbladder function and bile flow. Hiatal Hernia persons might not benefit from D-Limonene.
2. Chew your food adequately - when you do this there is a 30 to 40% improvement in your digestion
3. Know your trigger foods - chocolate, peppermint, alcohol - especially red wine, caffeine, caffeinated beverages, onions, tomatoes, citrus ie. acidic foods - the gasket that prevents the acids from coming back up gets weakened by these foods - so food can back up more easily.
4. Histamine blocker drugs can help - Pepsid or Tagamet when you are transitioning off the Nexium
5. Take 1 Nexium one day then the next day take 1Tagamet in the morning and 1 in the evening - do this for the weaning off period.
6. Absorbaid - a plant based digestive enzyme - you take 2 with every meal - this supplies the enzymes to break down protein, fats, and carbohydrates.
7. Elevate your bed if you have problems during the night with reflux.
8. Apple Cider Vinegar - 1 tbs with the “mother” - take before meals - this can stimulate the production of normal stomach acids
9. DGL - D-glycerized licorice - chew the tablet - it stimulates the stomach lining to “re-line” itself by activating the goblet cells - that reline the stomach.
10. Life Extension - Esophageal Guardian - this creates a barrier that floats on top of the stomach acids - see *the article from Michael Murray ND*