

Acid Reflux and Heartburn

Acid reflux and heartburn is most often caused by chronic acidic stress and accumulation of acid in the overall organism / lack of alkaline juices. This can be attributed to:

1. Excess acidic producing food in the diet
2. Functional problems in the GI Tract (allergies, parasites, stress) resulting in acidic fermentation in the colon

Causes of whole body acidity:

- Emotional stress, anxiety, anger etc.
- Meat: red meat, chicken, pork, prawns and salted meat products
- Milk, yoghurt and cheeses
- Sugar, white flour, trans-fats and hydrogenated oils
- Alcohol and nicotine
- Coffee and black tea
- Excessive physical activity
- Eating too quickly and not chewing food well
- Intestinal decomposition
- Analgesics eg aspirin
- Electro-smog and earth's radiation

Signs and symptoms of impaired HCl production:

- Feeling of fullness / pressure in stomach area (epigastric)
- Flatulence
- Cravings for sweet foods or strong flavoured food
- Coated tongue
- Bad breath
- Burping / belching
- Hypoglycaemia
- Hypotension

Low pancreatic enzyme function then shows the following signs and symptoms:

- Malodorous flatulence (bad eggs smell)
- Discomfort in upper abdomen
- Undigested foods in the stool
- Pain in lower abdomen
 - Worse before periods in younger women
 - Older people experience pain in the front of the thigh

Symptoms of Liver and gallbladder disorders:

- Pressure in upper abdomen with belching
- Bitter metallic taste in mouth
- Tongue scallops
- Tongue coated yellow or black
- Flatulence
- Dry skin
- Pain at back of head, over shoulders and more on right scapular angle
- Pain between shoulder blades, semi-circular to right chest where GB located
- Pain towards groin
- Pain in sacro-iliac joint
- Pressure headache
- Lateral migraine
- Spots in front of eyes
- Dizziness
- Hip and knee joint pain



Home Treatment Advice:

- ✓ Avoid:
 - acid-forming foods and spices – see acid-alkaline chart
 - the causes of whole body acidity as mentioned above
 - tight clothing

- ✓ Include:
 - Bitters before every meal: fennel, rocket, bitter greens
 - Molasses with apple cider vinegar / lemon juice in water every morning before breakfast
 - Bone broth daily to heal the gut
 - Green smoothies Daily with Kale, spinach, apple, banana, ginger
 - Dates, figs, sunflower seeds, pumpkin seeds and almonds as snacks
 - Aloe juice ½ cup before meals
 - Ginger, chamomile and fennel tea
 - 3-4 almonds after every meal
 - ½ tsp baking soda with a glass of water after every meal
 - A tsp Dijon mustard in acute case

- ✓ Sleep with head propped up
- ✓ Sleep on Left side
- ✓ Chew food very well and eat slowly (do not drink within 20 minutes of a meal)
- ✓ Avoid eating within 3-4 hrs before bed
- ✓ Perform diaphragmatic relief (press tight fist under xyphoid and hold)
- ✓ Breathe deeply

If you suffer from heartburn, acid reflux or indigestion or have been taking antacid medication for longer than 2 weeks, then its time to see a Naturopath. Antacids are NOT the answer. We have excellent natural remedies available that will not only relieve the burn, but assist in healing at the root cause of the issue.