

## Acid Reflux

Acid reflux, also known as gastroesophageal reflux disease (GERD), is a common condition that affects millions of people worldwide. It occurs when stomach acid and other digestive juices flow back up into the esophagus, the tube that connects the throat and the stomach. This can cause a burning sensation in the chest, commonly known as heartburn.

Symptoms of acid reflux can include heartburn, regurgitation of food or liquid, difficulty swallowing, coughing, and a sour or bitter taste in the mouth. These symptoms can be mild or severe and may occur on a regular basis, interfering with daily activities and reducing quality of life. There are several factors that can contribute to the development of acid reflux, including:

1. Poor eating habits: Eating large meals, consuming spicy or acidic foods, and eating late at night can all contribute to acid reflux.
2. Obesity: Excess weight can put pressure on the stomach, causing acid reflux.
3. Hiatal hernia: This occurs when part of the stomach protrudes through the diaphragm into the chest cavity, which can increase the likelihood of acid reflux.
4. Pregnancy: The hormone progesterone can relax the valve that separates the esophagus from the stomach, leading to acid reflux.
5. Smoking: Tobacco use can weaken the valve between the esophagus and the stomach, making acid reflux more likely.
6. Medications: Certain medications, including some antidepressants and blood pressure medications, can contribute to acid reflux.

Antacids are not the solution for acid reflux because they neutralize hydrochloric acid (HCl), which is an essential digestive secretion in the stomach. Contrary to what pharmaceutical companies advertise, acid reflux and esophageal disease are caused by a stomach that has become too alkaline, not overly acidic. Using apple cider vinegar before meals can help increase stomach acidity and improve digestion. However, our modern diets lack the necessary enzymes for digestion due to processing, leading to a heavy burden on our bodies' natural digestive and pancreatic enzymes, resulting in acid reflux and nutritional deficiencies at younger ages.

The cure for acid reflux lies in restoring proper HCl levels in the stomach to enable adequate function as it was designed to by our creator. However, it is essential to note that most people will not be able to come off prolonged use of antacids or proton pump inhibitors (like Nexium) abruptly, as they may experience acid rebound issues. Instead, they will need to start an HCl and digestive enzyme protocol to establish proper stomach function before gradually reducing medication use.

The treatment of acid reflux typically involves lifestyle changes and medication. Lifestyle changes may include avoiding trigger foods, eating smaller meals, losing weight, and avoiding lying down for at least three hours after eating. Elevating the head of the bed can also help prevent acid reflux during sleep. Ultimately, acid reflux is a common condition that can cause discomfort and interfere with daily activities. Fortunately, it can be managed with lifestyle changes and medication. If you are experiencing symptoms of acid reflux, schedule a consultation today for proper evaluation and treatment.