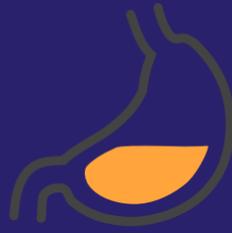


HEARTBURN & GERD SOLUTION GUIDE

What if we told you that acid reflux is due to a lack of acid?



Healthy stomach acid levels range between a pH of 0.8-2.5. When we decrease the acid level it causes disruption in our gut biome.

A 1982 study found that patients who's levels rose above a pH of 4 experienced "rapid gastric colonization of organisms" with an increase in pathogenic bacteria and viruses. Whereas, a high level of hydrochloric acid in the stomach does not allow parasites, bad bacteria and viruses are to flourish allowing the beneficial flora in your gut. This beneficial flora allows our bodies to break down proteins, fats and carbohydrates.

Let's think about it. If we eat foods that feed yeast - sugar, starches, grains, processed foods, fruit juice, and even fresh fruit - this causes the yeast to grow in the stomach if we do not have enough acid to breakdown the food. This creates yeast foam as you would see when you add sugar to yeast. This fermentation produces gas that puts pressure upwards towards the valve that closes the stomach from the esophagus. The growth of the yeast will actually attach to this valve/sphincter and paralyze it. This paralysis and pressure over the course of years can develop a hiatal hernia.

Wait so... what about antacid? Antacid will quickly raise your pH to 6 or above, decreasing how well your body can digest food. The undigested food leads to increase of yeast, but that undigested food that can become rancid leaving you with bad breath. Just think about how the trash smells when you walk past your garbage on a hot day. Antacid may help the symptom but it does not address the causation for a lack of stomach acid.



Avoid

- Alcohol
- Insoluble fibers - salads, fresh fruit, raw vegetables.
- Grains, starches and sugar which feeds the candida cycle.
- Drinking lots of water throughout the day or during meal times.

Increase

- Nutrient dense, easy-to-digest foods - high quality dairy from grass-fed cows, raw milk, cream, cheese, butter, high quality meats and fish including organ meats, bone broth soups and cooked vegetables with butter.
- Foods in chloride - celery, coconut, salt that is not from salty junk foods
- Lactofermented foods - sauerkraut, kimchi, pickles. Avoid yogurt as often times there is added sugars.
- Use full-fat cow or goat kefir - watch the label to make sure there is no added sugar
- High quality fats - raw butter, coconut oil, palm oil, lard, goose fat, tallow, cod liver oil



Here at Nutritest +Wellness, our clients are our family and our goal is to improve your quality of life. We are not happy until you are having the changes in your life by finding the root cause of your symptoms. One of the indicators we use to find the root causation is through a form of muscle testing called Nutrition Response Testing. This non-invasive method of testing allows us to test what foods, metals, chemicals, immune challenges, or scars are causing disruption in your body. The best part? This same testing allows us to find the perfect supplement for your body to get it back on track and help your body improve it's function.

How is your acid reflux effecting your life? What would you be able to enjoy without it?

