

Your Antacids are Killing You!

40% of all Americans have a more or less serious problem with their upper intestinal tract: indigestion, hiatal hernia, gastritis, gastroesophageal reflux disease, ulcers, belching, burping and bloating. Ulcers notwithstanding, the most intense of these conditions is often referred to as "heartburn" but is really the invasion of the acidic stomach contents into the much more tender alkaline membranes of the esophagus and has been popularized as "**Gastro-Esophageal Reflux Disease**" (GERD).

The natural protection against this reflux of stomach contents is the one-way esophageal valve that will only allow the stomach to regurgitate under extreme circumstances such as a toxic presence that it wishes to immediately evacuate. At that point, the stomach will begin cramping rather violently and vomiting results. GERD is not that severe and is probably the result of low production of stomach acid which causes the stomach contents to remain for longer periods of time in the stomach before moving on to the duodenum.

Under normal circumstances, the valve at the lower end of the stomach, the pyloric, will open when the stomach contents are adequately acidified – that is the signal. If your stomach acid content is low, it takes much longer and the contents tend to ferment. This produces an enlarged stomach from the gas which also is constantly pressing against the esophageal valve. Over a period of time, the valve weakens and small amounts of the stomach contents reflux into the esophagus causing intense burning. Allowed to continue, this will often lead to cancer of the esophagus (Barret's Esophagus).

The preceding information is exactly opposite of what you have been led to believe from the billion dollar ad agencies who tout **Tums**®,

Roloids®, **Prilosec**®, **Nexium**®, **Zantac**®, **Prevacid**®, **Pepcid**®, **Maalox**® and a host of other acid modifying products. But the truth is that individuals suffering from these disorders ("too much stomach acid") whose stomach acid is tested almost always, find that they actually have serious deficiencies of stomach acid.

If that is true then why do these "acid neutralizers" give relief? When the stomach, a normally acid to very acid organ is exposed to concentrated alkaline substances, it opens the pyloric valve in a reflex defensive action that dumps the too-alkaline contents into the

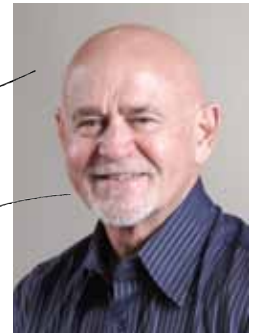
Look for this formula at your local health food store:

Natural remedies for GERD, all conditions associated with GERD (Gastro-Esophageal Reflux Disease) D-Limonene and Licorice Root Extract 450 mgs

more alkaline media of the duodenum. Problem solved – temporarily! Now proteins are in the digestive area where they are supposed to have been broken down into peptides in the stomach – and if they are not broken down – they are capable of acting as an allergen. Also the stomach acids sterilize the stomach ingredients so that the harmful bacteria count is very low. If that has not been accomplished, more problems for the lower digestive tract! In summary, due to misinformation, serious lower intestinal problems and malnutrition can result from the lack of proper exposure of food-stuffs to an acidic environment in the stomach. **The use of acid neutralizers or worse, acid production inhibitors, (Protonix®) can and does jeopardize your health.**

So, what can you do? First of all, check out my contention on the low acid vs high acid by using a digestive enzyme containing

To your good health,
Terry... Naturally



betaine hydrochloride with every meal. Often two or three will be needed to do the test properly. This alone may solve your problem, but if you have serious symptoms, **you might try a new product containing d-limonene and licorice extract.** Take 2 softgels twice daily, A.M. and P.M. for at least two months. I have often seen this restore normal gastric function and a complete cure of GERD's within one to two months.

The Real Reason Why You Think You Need Antacids

Normally our stomach secretes hydrochloric acid (HCl) as part of our digestive process. Hydrochloric acid lowers the pH of the stomach. This in turn causes pepsin to be released from the stomach lining to digest proteins. For any number of reasons, and especially due to the aging process, hydrochloric acid is no longer secreted in sufficient quantities to digest food consumed. Without the contents of the stomach being fully digested, the stomach contents ferment causing acids of fermentation. These acids cause you to think you have too much acid prompting you to reach for an antacid when in reality you do not have enough hydrochloric acid in the stomach.

More...

When in doubt, always consult your physician or health care practitioner. This column is to provide you with information to maintain your health.

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Antacids only treat the symptoms. They do not address the core problem and they lead to many more health risks. When you reach for an antacid you will only alkalize the stomach contents and prevent the digestion of proteins and minerals such as calcium and iron. They will also interfere with many medications and in particular thyroid medication (see my article, "Hypothyroidism"). 95% of people who swear they have too much acid really have too little stomach acid. Taking 1 or 2 capsules of betaine hydrochloride with each meal will usually solve your "too much acid" problem. Hydrochloric acid destroys harmful bacteria, particularly *H. pylori*, and sterilizes the entire intestinal tract. HCl can work wonders for anyone who is traveling to a foreign country and is concerned about what they eat and drink. Hydrochloric acid is one of the simplest and least expensive digestive remedies found anywhere.

Without proper hydrochloric acid levels proteins cannot be sufficiently digested and

Symptoms Associated with a Lack of HCl

- Heavy, full feeling after eating
- Gas and bloating
- Indigestion – excessive acids
- Dislike for animal protein
- Deficiency of amino acids, minerals and B vitamins
- Foul smelling stools
- Undigested food in stool contents

amino acids and vitamins cannot be efficiently absorbed. In particular, vitamin B12 and vitamin C may not be absorbed and

there is a long term risk for the potential of food sensitivity to undigested food proteins. Individuals with low stomach acid absorb less calcium, iron and B vitamins from their diet and supplements. Hydrochloric acid is required for the absorption of a variety of nutrients including folic acid, ascorbic acid, beta carotene, non-heme iron and some forms of magnesium and zinc. In most individuals who are iron deficient, optimal absorption of iron has been found to be related to proper gastric secretion of hydrochloric acid. There are no known safety or toxicity issues with the use of hydrochloric acid. The aging process determines, in a large extent, the secretion of hydrochloric acid. It is estimated that over 40% of men and women older than age 60 have little or no acid in the stomach, and 40% of postmenopausal women have no gastric acid secretion. Animal studies indicate that reduced gastric acidity may cause a marked and rapid reduction in bone weight and density. TM