

July 2010

# HomeCures

## *That Work*

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### The Permanent Natural Cure for Acid Reflux Audio Interview and Transcript

Medications, long-term solutions, acid production and recommendations are part of the full-service interview provided by Dr. Saunders that will answer almost all of your acid reflux questions.

### Simple Food Rules To Avoid Acid Reflux

4 tips to reduce and avoid acid reflux flare-ups, plus a free recipe book that is friendly to your stomach, throat and chest.

### Your Acid Reflux Is Not Really A Drug Deficiency

### Woody Harrleson: Junk Food Drugie Meets Salad



### GRANDMA'S CURE CORNER

Stomach in a Pickle? Go green with Grandma for this acid reflux home remedy cure!



## Avoiding Acid Reflux Flare-ups With These Simple Food Rules

Anyone who suffers from heartburn or **acid reflux** knows that there is nothing more annoying than the build up of **pain** in the chest and esophagus.

Fortunately, you do not have to resort to prescription drugs or chemical concoctions for relief. All you need to do is be patient, eat right for the condition, avoid **trigger foods** and use a little home **remedy** knowledge.

### What Causes Reflux Flare-ups



Before we get to the Rules, it might be helpful to understand what causes this **painful** buildup of stomach acids. Our stomach contains acids that aid in the breakdown of the foods we eat.

**Acid reflux** occurs when these digestive liquids leak or “reflux” back up into the esophagus through the esophageal sphincter. This acidic liquid can cause inflammation and can even cause severe damage to the lining of the esophagus.

### Rule #1: Acid Reflux Trigger Foods

*The first food Rule is to know what foods trigger acid reflux.*

#### Main Acid Reflux Trigger Foods:

- Fatty foods – especially deep fried
- Chocolate
- Caffeinated beverages
- Tomatoes
- Citrus fruits
- Sugary foods
- Red and processed meats

These **trigger foods** cause the esophageal sphincter muscle to relax and let the stomach contents move freely upward.

### Rule #2: Eating For Your Condition

The second Rule is eating right for the condition. You should eat a predominantly low fat, vegetarian diet, choosing acid reducing proteins such as fish, eggs, legumes, wild rice and non-wheat flours.

**Other important foods you will want to put into your regular diet are:**

- **Probiotics:** *Probiotic acidophilus bifidus combats the acid imbalance in your body, take powder capsules as needed and heartburn should subside within 30 minutes.*
- **Yogurt:** *Yogurt also contains acidophilus bifidus.*
- **Raw Apple Cider Vinegar:** *Take 2-4 tablespoons before each meal.*

Portion control is a very important **remedy** of a low acid diet. Eat smaller meals (portions should be no larger than the size of your fist) and make sure you eat your last meal of the day at least 3 hours before bedtime.

## Rule #3: You Are Your Best Tool

The third Rule is you. You know and understand your body better than anyone and you alone can distinguish **trigger foods** from safe foods.

Keeping a journal of foods that constantly cause you **pain** will help you understand what is

causing your **acid reflux** flare-ups. Other triggers can be stress, certain exercise routines and sleeping habits. Find them, learn them and make sure you exclude them from your daily diet and daily activities.



**Grandma's Tips**

**Only YOU can do what it takes to make the change. Include these lifestyle changes, if necessary, to avoid acid reflux flare-ups:**

- Quite smoking
- Avoid or limit alcohol
- No greasy fast food
- Loose weight, if needed
- Drink only between meals

THE  
**PERMANENT  
NATURAL CURE  
FOR ACID REFLUX**

AUDIO INTERVIEW  
& TRANSCRIPT

Dr. Scott Saunders, MD  
& Joe Barton

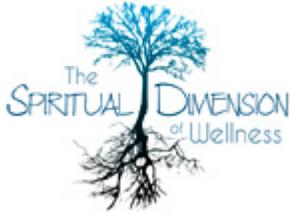


REFLUXREMEDY.COM

## Rule #4: Collect Acid Reflux Friendly Recipes

For recipes that are **acid reflux** free please get our **Reflux Remedy Tasty Recipes** book. You can get that for free by clicking here:

<http://www.refluxremedy.com/TastyRecipes.pdf>



## The God Who Made Us Can Make Us Healthy

When you aren't feeling healthy or well, what is the first thing you do? Go to the medicine cabinet? Make an appointment with the doctor? Or, suffer through it and hope it's nothing serious? Most of my life I did all of the above. It wasn't until a number of years ago when I saw people healed in revival meetings in Africa that I started to look at health and wellness differently. I learned that the God who made us can make us well, and that he made the things that can make us well.

In many parts of the world, people who are ill have no access to drugs and doctors. If a person in a third-world country is not a Christian and they aren't feeling well, then they either head to the hut of the medicine man for traditional remedies risking additional problems related to witchcraft, or they get worse and die. However, if the person is a Christian, their first response to sickness is to pray as God really is their only hope. Those who have rejected the witchcraft of the shamans have nowhere else to turn except God. Their hunger to be touched by God is tangible as they pull powerfully on Heaven above for mercy here on earth below.



There is a reason supernatural healing is far more common-place in other parts of the world and not so much here in America or the West. As wonderful as medical access and availability is in nations like ours, there is a prevailing arrogance and spirit of disbelief among the Western medical community that, in effect, causes God to leave us to ourselves. In other parts of the world, these mental and philosophical strongholds are not as present and God seems more inclined, or free, to respond to those who cry out to him for help.

Though we may look on third-world people with pity, many of them have something we have lost – faith in God to heal. It was inspirational for me to see third-world people whose first reaction to sickness was to pray, not to call a doctor or drive to a pharmacy. Things we do first are things God notices because they reveal priority and what's important to us. It says volumes to the One who made every intricate detail of our body if He is the last one we consult when things aren't right.

My testimony in this matter is that back in the days when we prayed for no one to get healed, no one was healed. However, when we started praying for some people to get healed, some were healed. My eyes were opened to the importance of going to God first, not last. When He sees we trust in everything else, He is hands off to help and allows us to learn the hard way how those things we have turned to are very limited. Yet, when we turn to Him first, He responds. Sometimes He responds with supernatural healing, other times He leads us to natural remedies as He did in healing me of chronic acid reflux problems.

For years, I struggled with acid reflux and a hiatal hernia. My wife would often joke about how we should buy stock in Tums because I ate them like candy throughout the day. Eventually, the Tums were not enough and my doctor started me on a dose of Nexium. At first, two or three pills a week were sufficient. Before long, I was on Prilosec daily and still having regular episodes of discomfort. Things got worse until I got on my knees and prayed God would touch this part of my body. About this time I was talking about my heartburn problem with Joe Barton and he shared with me that there are

serious negative side effects from these medications I was taking. He also mentioned that there were natural remedies. This really made sense to me in light of what I had learned in Africa, that the God who made us can make us well and that He makes the things that make us well.

Joe told me about his father finding great relief just eating a slice of an apple before he went to bed at night. I did that and a few of the other things Joe recommended, and before long I didn't need Prilosec. When I stopped doing what Joe recommended the problems started again. The moral of my story is that the God who made us can make us healthy and He ought to be our first call to be healed.

In the Creation account of Genesis 1:30, God says He gives us “*every green plant for food.*” The Hebrew word used there for “food” is bigger than just what we eat. God is saying He has made all the things that we need (take in, consume, and ingest) in our bodies to keep us alive, healthy and well. It was my own experience with natural healing and natural remedies that opened up what I have found to be a great big world that God has created to keep us healthy and whole.



People sometimes ask me why God allows sickness. My response is that there are a variety of reasons, several of which are beyond our understanding. However, I have come to believe that one of reasons God allows sickness is because He wants to reveal himself as Healer (Jehovah-Rapha is the Hebrew name for God our Healer).

Ask God to reveal himself as your Healer.

Ask the one who made you to lead you to the things he made that will make you healthy and well.

## Does A Workout Really Mean No Pain? No Gain?

So, you've just completed the first day of a new **exercise** regimen and you've worked muscles you never knew you had. 24 hours later you can barely sit down or lift your arm to brush your hair. The thought of working out again seems increasingly unlikely. The question arises: Is it better to grim and bare it and continue on with your **workout** plan, or rest up and feel like a slacker?!

### Is it normal to feel pain days after a workout?

Chances are, if you're a newbie to **exercise**, or you were living under the misconception that merely walking 30 minutes a day would transform your body, you are now working **muscle groups** that you've never really used before and you're subsequently feeling the effects. Don't worry. **Muscle soreness** is a common and completely normal symptom of physical activity.



Otherwise known as Delayed Onset **Muscle Soreness**, **DOMS** is caused by stressing the muscle tissue beyond what it's accustomed to. Although it might sound a little horrifying, when we work a particular **muscle group** hard enough, lactic acid builds up in the muscle and tiny tears form in the fibers. This, combined with inflammation, is what causes the pain. Many of us mistake these symptoms for injury but DOMS is actually a positive bi-product of training our muscles. Muscle growth and adaptation is what ultimately produces the results we're all looking for. So, to some extent there really is no gain without pain. To a beginner however, experiencing muscle pain and stiffness 24-72 hours after exercising can deter us from getting back into that **exercise** class or back to lifting weights in the gym.

Determining to what severity you are suffering from DOMS should be an important factor in deciding whether or not to workout. Most of us know that it's important to rest 24 hours between working the same muscle group.

But, what if you're still feeling the effects two or three days later?

According to exercise physiologist Richard Weil, MEd, CDE, continued muscle stiffness and soreness for days after exercise is caused by swelling in the muscle compartment that results from an influx of white blood cells, prostaglandins and other nutrients and fluids that flow to the muscles to repair the "damage" after a tough workout.

### Should I workout with sore muscles?

There are studies that show that neither aerobic nor resistance training helps to relieve the symptoms of **DOMS**. In the most severe instances when muscles are so sore that they prevent you from continuing with your **workout**, it's probably best to work a different **muscle group**, do some light

cardio or take the day off. If doing lunges got you into the predicament your in, it probably isn't wise to go back to doing lunges until your quadriceps have had a chance to heal. Having said that, if however, your **muscle soreness** is tolerable, light **exercise**, such as some walking or jogging to get the blood pumping, is clinically proven to alleviate some of the symptoms of DOMS. The Journal of the American Academy of Orthopedic Surgeons concludes that following a period of **DOMS**, subsequent exercise sessions actually result in less injury and soreness.

However, experts in the **exercise** field recommend avoiding vigorous exercise that causes continued pain to avoid injuring yourself. Remember.... you are the only one who knows your own limits! If your muscles feel sore to the touch and your **exercise** potential is clearly out of reach, rest up and take it easy for a day or two. As Weil explains, muscle growth actually occurs during downtime, not when you train, and if your muscles get sorer during your **workout**, then you need more time to rest, recover, and grow.

## CELEBRITY HEALTH WATCH

### Woody Harrelson: Junk Food Druggie Meets Salad

Transform yourself from a junk food druggie to a salad enthusiast and you are on your way to become a raw food lover.

**Woody Harrelson**, a converted **raw food** enthusiast, insists following a form of raw-veganism food diet keeps him from suffering from ordinary illnesses such as colds and that he doesn't need as much sleep because his **energy** levels have increased. He also lost 30 pounds! But, Harrelson admits, you are going to have to learn to love **salads** and making salad dressings.

What's all the craze about eating **raw foods**? The raw vegan food "diet" is considered healthy because instead of sapping your body of **energy** to digest processed foods and leave you crashing after meals, the living enzymes in raw foods enables the body is able to gain nutrition, vitamins and minerals from the foods it consumes.

Essentially, you cannot breathe the air, eat foods grown in the earth, take an aspirin, drink tap water or anything else without accumulating toxins in the body over time. Raw foods provides a "scrubbing effect" in your kidney, liver and colon to loosen the sludge that has built up in your body, which blocks your natural enzymes and hormones that assist in removing toxic waste from your body.

The results of eating raw foods are linked to more energy, healthier skin, reduced heart disease and better digestion. By eating foods that are easy to digest, the healing power in raw foods can alleviate illnesses, allergies, digestive disorders (like GERD), restore a weakened immune system and assist in weight normalization.

Raw-veganism has also been called "sustainable eating" and is entering into environmental conversations and simplicity circles as the way to eat to save the planet.

Research and real life experiences have also shown that a person can prevent a body's healthy cells from turning into malignant cancerous cells by consuming mostly a raw food diet & whole organic foods.

The raw-vegan diet consists of fruits, vegetables, sprouted grains and legumes, seeds and nuts. You can believe that eating fresh, raw, fruit and vegetables you will look juicy, fresh, vibrant and alive. This is natural beauty at its finest!

"But to eat only raw food, you've got to love a salad. You've got to just *love* a salad." ~ Woody Harrelson



## Anti-Aging Care



# Passion & Soulfulness: Why You Wouldn't Be Bored... Even if You Live Forever

This post is unusual. I want to make room for a report that Dr. Nathaniel Branden sent to me last week. Nathaniel is almost universally recognized as the “Father of **Self-Esteem**.”

I just had to share this, because I know it will resonate with you and add value to your life. I consider Nathaniel to be a national treasure. He is one of the reasons I want to see aging turned back in our (his) lifetime. Here it is:

## Passion and Soulfulness

By Nathaniel Branden, Ph.D.

When I think of **nourishing the soul**, I think of nurturing the ability to respond positively to life—that is, the ability to sustain **passion** for our interests, values, and projects. I believe that the worst of all spiritual defeats is to lose enthusiasm for life's possibilities.

Every life has its share of setbacks and disappointments—of tragedy and loss. So, the question we all confront, in the face of negatives that may assail us, is: How do we keep our inner fire alive?

Two things, at minimum, are needed: an ability to appreciate the positives in our life—and a commitment to action.

*Every day, it's important to ask and answer these questions: “What's good in my life?” and “What needs to be done?”*

The first question keeps us focused on positives; the second keeps us proactive and reminds us that we are responsible for our own happiness and well-being.

Another aspect of focusing on the positive, and thereby **nourishing the soul**, is to stay focused on the inquiry “What in my life do I most **enjoy**? What most stimulates me?” Someone once said that you can know who a man is if you know what wakes him up.

The pleasures that nurture me personally may be as simple as enjoying the view of the city and the ocean from the window of my living room, or spending time in the garden, or appreciating good health.



Of course, one of the greatest joys that nurtures me is having a loving relationship with my wife. In addition, when I think of nurturing the **soul**, I think of listening to music and rereading books that have meant a lot to me. I also think of the act of writing. When I spend time at my computer, writing, I almost invariably experience a tremendous sense of appreciation of how wonderful it is to be alive. If I am away from writing too long, I feel discouraged, or at least dispirited. Writing takes energy, and it also creates energy.

## Be Engaged in What You Do To Feel Alive

For all of us, the key is to pay close attention to which activities make us feel most alive, **passion** and in love with life—and then try to spend as much time as possible engaged in those activities.

Even when our life is most difficult, it is important to remember that something within us is keeping us alive—the life force—that lifts us, energizes us, pulls us back sometimes from the abyss of despair. True spirituality does not exist without love of life.

If we feel unhappy or unfulfilled, the most urgent question is, “What needs to be done?” Or one might say, “What’s missing in my life—and what can I do about it?” The sin is to suffer passively.

We must never forget that we have the capacity to act. So, we must always be concerned to know “What avenues of action are possible to me? What can I do to make my life better?”

If we stay oriented to the two basic questions—“What’s good in my life?” and “What needs to be done?”—and strive to respond to those questions appropriately, the predictable result is that we will be happier human beings and get far more of whatever it is that we want in life.

## Nourishing the Soul Positions Us For Enjoyment

Some writers—Erich Fromm, for one—contrast a so-called “being” orientation with a “doing” orientation. The implication is that being and doing are in some sense antithetical. Of course, they are not. Doing and being, action and stillness, are dependent on one another. Without action, we would cease to exist, and without stillness, we would neither be able to appreciate our existence nor have a foundation from which to act. We need stillness, we need the pure experience of being, in order to fully realize ourselves. Out of that stillness can come the motivation to act and also the awareness we need to act wisely, not to lose perspective.

When being and doing are in harmony, when stillness and action are friends to each other, we create an integrated, satisfied **soul**. We are then in the best position to truly **enjoy** and appreciate life and not be destroyed by adversity.

### Grandma's Tips

**“When one door of happiness closes, another opens; but so often we look at the closed door that we do not see the one that has been opened for us.” ~ Helen Keller**



# The Process, Not Just The End Result, Brings Happiness

Another aspect of **nourishing the soul** is the ability to stay focused on the present, to live in the present. Many years ago in the 1960s, I was writing a book called *The Psychology of Self-Esteem*. I was a young man at the time, in my thirties, and one day I was sitting at my typewriter, impatient for the book to be finished, thinking that my life would really begin to unfold only when this book was finished. Yet I intuitively knew that something was wrong with this line of thought.

So, I asked myself what I thought I would be doing when the book was finished, and I immediately answered, "Planning the next book." And when the next book was finished? "Planning the book after that." I saw that my life, first and foremost, was about writing: that was and is my **passion**. So, in the middle of writing *The Psychology of Self-Esteem*, I finally realized "This is it. This is my life. If I can't **enjoy** it now, every day, there is no reason to believe I'll be better able to enjoy it in the future, after the seventh, eighth, or ninth book."

That realization was a turning point for me. The impulse to focus on the future can be quite strong. It's natural to look ahead. Yet I realized that the key to happiness lay in enjoying the process, not just the final result—because the greater part of my life was going to be spent at the level of process and not at the stage of contemplating the finished product. So, now I bless each day I can get up and go to my computer and sit down to write and know and love the fact that this is what my life is about.

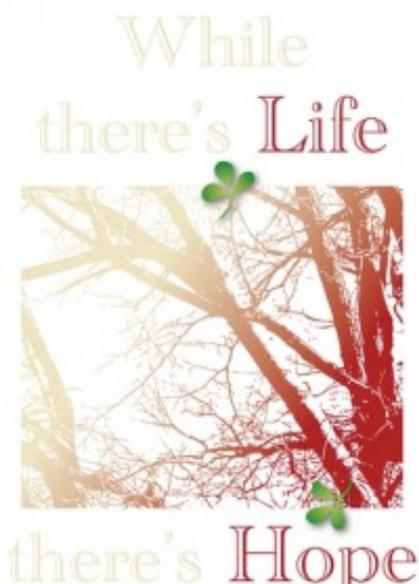
I believe that earning your living doing something you **enjoy** is one of the very best ways to **nourish your soul**. But even if you are employed at something that is not your ideal work, it is important to find ways to take as much pleasure in it as possible. Living in the present moment can make ordinary activities more interesting and joyful; you may be surprised, if you only look, at what you will find. If you try to stay connected with why you are doing what you are doing, for example, then even the parts of your life that aren't especially exciting can become more meaningful.

Sometimes, I have to go to an event that doesn't especially interest me. I've learned to tell myself, Make this experience as happy for yourself as you possibly can. Once that becomes a conscious purpose, it's amazing how imaginative one can become. Life becomes infinitely more interesting.

## Be An Active Participant In The Drama Of Life

Nothing I am saying about the importance of living in the present denies the value of being concerned with the future. We want to keep in mind our goals, what we're moving toward, and to see the progression and direction that underlie our activities. We need to be able to plan for the future without sacrificing the present, and **enjoy** the present without making ourselves oblivious to the future.

Obviously, we cannot control every single aspect of our life. We are not omnipotent. But, we do have an enormous degree of responsibility for the shape our life takes. We have many



options about how we will respond to events. We are not passive spectators, but active contestants in the drama of our existence. We need to take responsibility for the kind of life we create for ourselves.

How do we nurture the **soul**? By revering our own life. By treating it as supremely important. By reaching for the best within ourselves. By learning to love it all, not only the joys and the victories, but also the pain and struggles.

## Product Reviews



### Antacids Product Review

Plop. Plop. Fizz. Fizz. Oh, what a relief it is...

The jingle for Alka-Seltzer brings back memories of “Relief never sounded better...” for many of us.

Other **antacids** have become popular household names we have come to recognize and are freely available at the pharmacy: Pepto-Bismol, Rolaids, Mylanta, Maalax, among others. But, do we recognize the common **side-effects** and **dangers** of these branded antacids that doctors recommend to relieve heartburn, **acid reflux** and other mild GERD symptoms?



### Side-Effect Dangers of Antacids

**Antacids** are thought to have no serious **side-effects**, based on the symptom chasing mentality of conventional medicine. But, the common protocol for treating stomach acid with antacids only mask the problem and can be harmful to your health. These common ingredients in **antacids** can affect your body:

- **Magnesium**- Can lead to diarrhea and act as a **laxative**, produces belching.
- **Aluminum** –Interferes with the absorption of phosphates, leading to **constipation**, loss of appetite, weakness, and bone damage.
- Calcium –Can also lead to **constipation**, urinary tract disorders, headaches, mood changes, muscles weakness, nausea, and excessive thirst from an electrolyte imbalance.
- **Sodium Bicarbonate** – Has a **laxative** effect and can affect blood pressure and cause swollen feet and legs.

### Common Problems with Antacids

Doctors are already aware of restrictions on the use of acid-suppressants. Of the **antacids**:

- **Sodium bicarbonate** shouldn't be taken by people on a salt-restricted diet.
- **Aluminum**-containing antacids should be avoided by those with low blood phosphate and patients with Alzheimer's, kidney disease and bone disorders.
- Those antacids containing **magnesium** shouldn't be taken by people with kidney problems.

In addition, **antacids** can interfere with the absorption of vitamins and medication, especially antibiotics. They can also be dangerous for those who suffer from dehydration. Some antacids block the vitamin B12...the most vital vitamin for the human brain.

**Antacids** are a quick fix for those are trying to relieve their heartburn, **acid reflux** or other digestive problems. However, the possible **side-effects** of the **magnesium, calcium, aluminum** and **sodium bicarbonate** ingredients can lead to **constipation** and **laxative** effects, among other **dangers**. Even if you aren't taking enough to overdose, too many antacids can disturb the natural balance in your

digestive tract. There is acid in your stomach for a reason. It helps properly digest food and also kills dangerous organisms that attack your stomach lining, protecting us from infection. If you neutralize too much stomach acid, you are hurting your body's ability to digest and protect your stomach, provoking immune responses throughout the body leading to food sensitivities and autoimmune diseases. To keep healthy acid levels, it's best to control them naturally.



## Grandma's Cure Corner: Stomach in a Pickle?

I'm having visions of my mother's cellar. Mason jars line the wooden shelves with the smell of damp earth penetrating the atmosphere. In the spring, we added red strawberry jam to the stockpile. Then came the yellow tomato salsa that was put into rows. Later we added purple grape jelly covered with wax to seal in freshness.

But, eventually, the collection grew with green dill pickles that floated amongst the dill weed. Growing up I liked the red, yellow and even the purple jars, but not the green. I needed to learn to like the green, as I would come to find out.

Some of you might know that my husband's acid reflux problem spurred my son Joe to launch Barton Publishing and the Acid Reflux Remedy Report. Finding natural cures for acid reflux, GERD and heartburn has become a passion of ours. One remedy for acid reflux I have learned involves the green juice I shrugged my nose at as a kid: pickle juice.

I remember my Dad drinking the green pickle juice, straight from the jar – maybe even with a little excitement. But, as I've grown older and become a grandparent myself, I am finally able to decipher why my Dad drank green juice with such enthusiasm...

**[Please visit www.HomeCuresThatWork.com to sign-in or subscribe to read the rest of the article.](http://www.HomeCuresThatWork.com)**





## GERD: The Burning Within

Heartburn, indigestion, acid stomach, reflux... There are many terms for the burning in the esophagus that is common to all, at least occasionally. From historical records, it appears that gastro-esophageal reflux disease, or GERD, has been a problem for mankind from the beginning. Many remedies have been used over the centuries, some were even highly toxic.

Currently, medications for GERD are among the most-sold drugs in the world. The most recent drugs completely block acid in the stomach. They often work, but at the same time they inhibit the absorption of minerals, such as calcium and magnesium, and have been shown to cause osteoporosis when used on a long-term basis. They also block the absorption of vitamin B-12, which leads to nervous disorders.

Many don't want to take drugs forever so they opt for surgery, called a fundoplication. This can work, but is really successful less than half the time.

Because of these problems, many people ask me if there is anything that can be done without drugs or surgery to treat and relieve GERD. The following is my list; it is almost always successful in my patients...

**Please visit [www.HomeCuresThatWork.com](http://www.HomeCuresThatWork.com) to sign-in or subscribe to read the rest of this article...**



# Big Pharma Corporate Arm

## Your Acid Reflux Is Not Really A Drug Deficiency

Gastroesophageal reflux (GER) affects 20% of people in the United States. Despite this prevalence, its diagnosis is challenging because of the difficulty doctors have even defining the disease.

When exposure to caustic digestive juices erodes your Lower Esophageal Sphincter (LES), a variety of symptoms inevitably appear, such as chronic heartburn and regurgitation. If the symptoms increase, diagnostic testing may verify gastroesophageal reflux “disease” (GERD), leading to surgical therapy.

NOT a pretty picture.

Did you know if you experience acid reflux just twice a week, you might already have gastroesophageal reflux disease (GERD)? At least, that’s what your pharmacist may tell you.

Based on 1985 statistics, between 3-7% of the population in the USA suffer from “GERD and related esophageal disorders.” Digestive diseases in the United States: Epidemiology and Impact – NIH Publication No. 94-1447, NIDDK, 1994

Millions of people who suffer from acid reflux or GERD symptoms use over-the-counter (OTC) acid-reducing agents called antacids, or anti-secretory drugs such as H3 blockers and proton pump inhibitors, assuming they need them.



- Common antacids include: Alka-Seltzer, Maalox, Mylanta, Pepto-Bismol, Riopan and Roloids.
- Common H2 blockers are: cimetidine (Tagamet HB), famotidine (Pepcid AC), nizatidine (Axid AR) and ranitidine (Zantac 75).
- Common proton pump inhibitors are: esomeprazole (Nexium), lansoprazole (Prevacid), omeprazole (Prilosec, Zegerid), pantoprazole (Protonix) and rabeprazole (Aciphex).

It’s very important that if you do have GERD symptoms you should consult with a qualified health practitioner.

However, it doesn’t mean you have to accept a life sentence of taking harmful OTC and prescriptive drugs that will never cure your acid reflux or GERD and sometimes even make it worse.

Fact is if GERD is left uncured over time, it can lead to complications such as a bleeding ulcer and scars from tissue damage, which can lead to a narrowed esophagus (stricture) making swallowing more difficult. GERD may also cause hoarseness, chronic cough, and conditions such as bad breath or even asthma.

Just remember your acid reflux or GERD is NOT a drug deficiency. There are effective, safe and affordable alternatives readily available to you.

Read on to learn more.

# **The Shocking Truth About Acid Indigestion Revealed**

Contrary to the common excuse given for acid reflex, gastroesophageal reflux and GERD are RARELY caused from...

**Please visit [www.HomeCuresThatWork.com](http://www.HomeCuresThatWork.com) to sign-in or subscribe to read the rest of this article...**



## Natural Acid Reflux Permanent Cure

### AUDIO INTERVIEW AND TRANSCRIPT WITH DR. SCOTT SAUNDERS, MD and JOE BARTON

Joe Barton = JB

Scott Saunders = SS

JB: All right. Well, hello everyone. This is Joe Barton with Barton Publishing, and my guest today is Dr. Scott Saunders. Scott, how are you today?

SS: I'm fine, thanks, Joe.

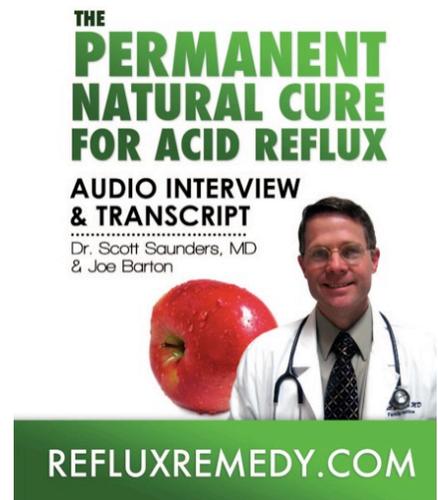
JB: All right. Well, we've finally got our recording software working here, thanks to FreeConferenceCall.com. And so today we are going to talk about acid reflux medications and the pros and cons and everything in between. So, Dr. Saunders, I'm going to just kind of let you take this over and maybe give a little introduction to acid reflux medications, and then I'll have some questions for you.

## Acid Reflux Medications Are Popular, But Not A Long-Term Fix

SS: Okay. Well, that should be easy. Acid reflux is a very common problem. Just to sort of let people know how common this problem is, the medications, when they first came out for acid reflex, including Zantac, Tagamet, and those, many years, 25 or 30 years ago, very quickly became the most sold medications in the world. In fact, before Prilosec came out, which is the first proton pump inhibitor, Zantac was the biggest selling medication in the whole world. So these are big. This is a really common problem and people deal with it all the time, so the medications are used frequently.

And now we have several of the proton pump inhibitors that are over the counter, and these are much stronger than the older medications, which were histamine blockers that slowed down the acid. The new ones block the stomach acid completely. They stop what's called the proton pump, which is what makes the acid in the stomach. It just stops it. So it works very well to lower the acid and raise the pH of the stomach. And there are a lot of consequences to this that people don't think about. There have been well-known problems with what's called achlorhydria, and that's when people don't make stomach acid. And this is a disease that's been known for many years, and it causes certain kinds of problems such as vitamin deficiencies – Vitamin B12, the B vitamins especially, but also minerals. Many minerals require acid in order to be produced. So this is – the medications are great short-term medications. People have an ulcer; they need to heal the ulcer. They're used appropriately in that kind of a situation – they're great.

But the problem comes when they're used long-term, when people say, "Oh, I'm getting acid reflux. Here, I'll take another one, take another one." Because with the proton pump inhibitors, you have to take them every day in order for them to be useful. It's not something you can just take when you feel the acid coming on, because they take a day to start working.



JB: So, maybe some more details on what you mean by “short-term” versus “long-term.”

SS: Oh, yeah. Short-term would be a week, maybe even a couple of weeks. If someone actually had an ulcer, they may be on a proton pump inhibitor for three weeks or even as long as a month, and that would be an appropriate use of the medication. And it works great. The stomach heals well. It's pretty well documented. And it does stop the acid and allow the stomach to heal, so that's good. Long-term would be more in terms of people's continued use, ongoing, everyday for years. I've had patients on these proton pump inhibitors for many years. They say they can't go off them because they – every time they go off them, they get the acid reflux back again.

JB: Right. That seems pretty common. A lot of people take these medications for a lot longer than what they're actually prescribed for or intended for. You said that it can cause deficiencies in minerals and vitamins and things, so what are some examples of deficiencies that you've seen?

SS: Most of the ones I've seen are...

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