

ACID REFLUX REMEDY REPORT



Part One

What Is Acid Reflux and Why Do I Have It?

Part Two

How Do I Heal Myself From This Condition?

Congratulations on your decision to make a change!

This is a two-part report.

First, we will describe what acid reflux is and why you experience it.

Second, we will detail very simply how to heal you from this condition.

Congratulations again on your decision to make a change!

My goal is for you to be 100% satisfied and cured of your heartburn & reflux symptoms without using any drugs. If you are not completely satisfied with your purchase, please contact me at andrew@drandrewmillar.com and I'll refund your purchase.

Disclaimer:

This report doesn't provide medical advice, diagnosis or treatment and are for informational purposes only. Please consult your physician or health care provider about the applicability of any recommendations or opinions. Following recommendations on this report is solely at your own risk.

Dr. Andrew Millar shall not be liable under any circumstances, for any direct, indirect, incidental, special, or consequential damages, loss, sickness or injury resulting from the information contained in this report.

Part One — What Is Acid Reflux and Why Do I Have It?

Acid reflux has several labels but they all describe the same condition: acid indigestion, heartburn, esophageal reflux, GERD (Gastro-Esophageal Reflux Disease), hiatal hernia, and peptic ulcer disease. Everyone reading this knows the feeling: usually at some point after eating, we get that the searing pain of acid burning our stomach and/or esophagus.

There is a commonly held belief in the medical field that this condition is the result of too much acid in the stomach to digest the food. Drugs are prescribed, therefore, to stop acid production. This is where modern medical science gets into trouble changing the natural processes of the body. The pharmaceutical scientists have created 'proton pump inhibitors'. The best known are Prevacid, Prilosec, Nexium, Losec and Zoton. Another class of acid production inhibitors is 'H2 Blockers.' These reduce the amount of acid in our stomachs for digestion.

The problem is that only now are we beginning to understand that we need to produce acid to metabolize calcium (for strong bones). The Law of Unintended Consequences speaks for itself. Here is a quotation from Wikipedia, the people's encyclopedia, that describes the law in this case: "Long-term use of proton pump inhibitors has been less studied. But in a study of 135,000 people 50 or older, those taking high doses of Proton Pump Inhibitors for longer than one year have been found to be 2.6 times more likely to break a hip." Tell me, how many of your family doctors are telling you that while they're writing you a prescription for the purple pill?



But the real reason for acid indigestion is that the stomach does not have enough natural acid secretion because of the kinds of foods we eat. I am talking about the many processed foods that we substitute for real honest to goodness prepared from scratch in our kitchen type foods.

These processed foods have their own food industry chemicals added to them that are foreign to our human digestive system and interfere with its natural process. These foods sit in our stomachs undigested and after awhile begin to ferment and produce their own acids.

The acids then back up to the valve at the top of the stomach (called different names: pyloric valve, cardiac sphincter, lower esophageal sphincter). When the stomach contents are too full or when we lie down, the acidic contents spill backwards up the food pipe (esophagus) and severely burn the mucus membrane along its sides, thus producing acid reflux.

You know that painful burning feeling that sends you racing to the antacids or you wouldn't be reading this report. (Antacids work by changing the acid into alkaline, which also stops the digestion) As painful and debilitating as acid indigestion is, here is the greater concern. Continued burning (gastro esophageal reflux disease) of these membranes runs the risk of eroding and changing the cells of the membrane into cancer. Once cancer begins, there is no guarantee that surgeons can cut it all out (assuming they find it in time.)

To avoid cancer, the surgical solution to this condition is to pull up the insides of the stomach and refashion a new sphincter. This works for the short term but guess what? The surgeons rarely teach their patients to make the dietary changes necessary to prevent them from becoming repeat surgical candidates. So these folks carry on eating and drinking their way toward another surgery. Don't you be one of them!

Part Two — How Do I Heal Myself From This Condition?

First of all, if you are on one of these proton pump inhibitors or H2 blockers, you must SLOWLY REDUCE your dosage. Your system has adapted to this drug interfering with your acid production and you must now gradually allow your system to begin to produce its own digestive acids. This is very important.

At the same time, you add two time-tested folk remedies before each meal: **Honey and Apple Cider Vinegar!!**

A tablespoon of each. It is best to mix them in a glass of water. Use raw honey and 'organic' apple cider vinegar (text links) from the health food store when possible.

If you are serious about healing your digestion then begin to turn away from sodas and sugary processed foods, coffee, dairy and avoid most breads and grains. Focus on vegetables, fruits, and meats. Avoid frying. Buy fresh when possible not canned. Frozen is next best.



Make this change as quickly and as completely as possible.

This will allow your system to begin to produce its own digestive juices. Later, when your digestion system has re-regulated itself and you find that you no longer need to rely on the vinegar and honey, slowly experiment by allowing yourself an occasional addition of those foods you cut out before.

An alternative to the vinegar and honey is Digestive Enzymes. The advantage is that everyone is accustomed to seeing people taking a vitamin or two before a meal and so popping a few enzymes into your mouth in public won't raise any eyebrows. You can then rely on the honey and vinegar for breakfast and dinner at home. Some of you may find that just the vinegar or just the honey is all you need. Others of you may prefer to simply rely on the digestive enzymes supplement all of the time.

Don't be afraid to experiment. The real key to excellent health is unprocessed food that is produced organically.

Conditions that contribute to acid indigestion are smoking and being overweight. Also over-use of non-steroidal anti-inflammatory drugs such as ibuprofen and aspirin. Consider reducing and eliminating these factors.

Warning: If application of these recommendations produces no improvement then I recommend you have your doctor rule out the possibility of a stomach or duodenal ulcer caused by bacteria called H. Pylori. A simple course of antibiotics can cure this.