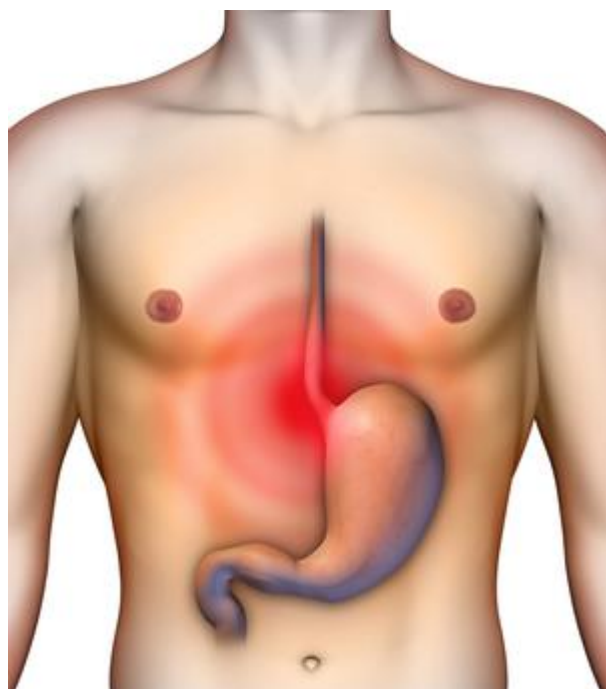




## **Digestion Protocols: Acid Reflux Protocol for Gastroesophageal Reflux Disease (GERD) aka “Heartburn”**



Heartburn is most often caused by too little acid in the stomach, rather than too much acid as most people believe.

When there is not enough acid to break down your food, it tends to sit in your stomach too long. If the lower esophageal valve is not functioning properly, the stomach contents can rise up into the esophagus.

Your esophagus doesn't have the protective mucous membrane the stomach does and the acidic contents of the stomach burn, eventually eroding the lining and resulting in reflux esophagitis.

### **Evaluation**

- ☐ Symptom survey
- ☐ Blood chemistry: Lots of lows, including iron, ferritin, protein, globulin, phosphorus, BUN, calcium, vitamin B12
- ☐ CBC: High MCV
- ☐ H. pylori testing: Blood or stool (BioHealth has a very sensitive stool test)
- ☐ Low zinc on zinc assay test
- ☐ Urinary indican
- ☐ Food sensitivity testing
- ☐ Gastro-test to assess stomach pH ([www.hdccorp.com](http://www.hdccorp.com))



## Common Causes of Acid Reflux

- ☐ Low stomach acid
- ☐ Overeating
- ☐ Eating too fast or on the run
- ☐ Excess caffeine
- ☐ Excess sugar or refined carbohydrates
- ☐ Nicotine
- ☐ Medications
- ☐ Food allergies and sensitivities

## Lifestyle Habits to Heal Acid Reflux

- ☐ Don't eat late at night
- ☐ Don't overconsume fluids with meals
- ☐ Eat more slowly
- ☐ Chew food thoroughly
- ☐ Don't recline for a couple of hours after eating
- ☐ Avoid tight fitting clothing
- ☐ Avoid exercise within a couple of hours after eating
- ☐ Breathe and relax before eating

## Dietary Habits that Can Heal Acid Reflux

- ☐ Avoid excessively cold beverages
- ☐ Avoid caffeine and sugar
- ☐ Avoid gluten
- ☐ Avoid chocolate, citrus, tomatoes, onions, garlic, peppers, peppermint, and any other foods that you find irritating during the healing phase
- ☐ Increase mucilaginous foods like flax, chia seed, and psyllium
- ☐ Increase probiotic foods like sauerkraut, kefir, and cultured vegetables
- ☐ Eat at least 6 ounces of carrots a day, or drink a cup or two of the juice

## Herbs and Nutrients to Heal Acid Reflux

- ☐ Aloe vera juice
- ☐ Apple cider vinegar  
(1 tablespoon in 8 ounces water)
- ☐ Betaine HCl treatment  
**(with caution and supervision)**
- ☐ Chamomile
- ☐ Cinnamon
- ☐ Comfrey
- ☐ Deglycyrrhizinated licorice (DGL)
- ☐ Fenugreek
- ☐ Irish moss
- ☐ Jujube dates
- ☐ Marshmallow
- ☐ Probiotics
- ☐ Slippery elm
- ☐ Vitamin A
- ☐ Vitamin B5 (pantothenic acid)
- ☐ Vitamin C