

# Acid Reflux & Heartburn

## (Gastroesophageal Reflux Disease)

Having acid reflux can at times be a very uncomfortable and painful experience. The act of only treating the problem by suppressing the stomach's ability to produce hydrochloric acid (HCL) with acid-blocking medications such as '[Nexium Oral](#)', or using [antacid](#) medicines to dilute the HCL, will not address and fix the underlying cause(s). In addition, acid-blockers, as with all chemical medications, can result in sometimes highly noxious adverse reactions, which are clearly not worth the risk when a change of diet coupled with a quick herbal remedy is often enough for relief of pain.

We consider there to be at least three different causes, and attention must be paid to all three factors to best determine what approach to take in each individual's case, in order to address the problem at its root.

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### *Causes of Acid Reflux*

The conventional general consensus on the cause of acid reflux (or GERD) is that it is due to a defect of the valve (lower esophageal sphincter) which separates the stomach content from the esophagus. As this valve is unable to seal off the esophagus from the stomach contents, HCL will reach up into the esophagus causing acid damage to the esophageal wall. The resulting burn pain is referred to as 'heartburn'.

Dr. Morse's clinical observations and experience deviates from the above as being the single cause (although a weak sphincter is still a possibility from compromised tissue integrity due to acidosis and parathyroid weakness). He attributes the true cause to one or more of the following:

- Inadequate production of sodium bicarbonate (pancreatic weakness) inhibiting proper neutralizing of HCL (stomach acid) which is spawned from consumption of proteins. Dr. Morse refers to this as "true acid reflux."
- Interstitial lymphatic constipation within the esophageal wall yielding an acid-burn protruding out from within the wall. Dr. Morse considers this the worst and most common type of acid reflux.
- Sulfur burn from accumulated sulfur stemming from the ingestion of sulfonamide (sulfa) drugs, particularly antibiotic drugs.

### ***Primary Considerations***

First off we must point out the things that are likely to aggravate the 'heartburn' sensation.

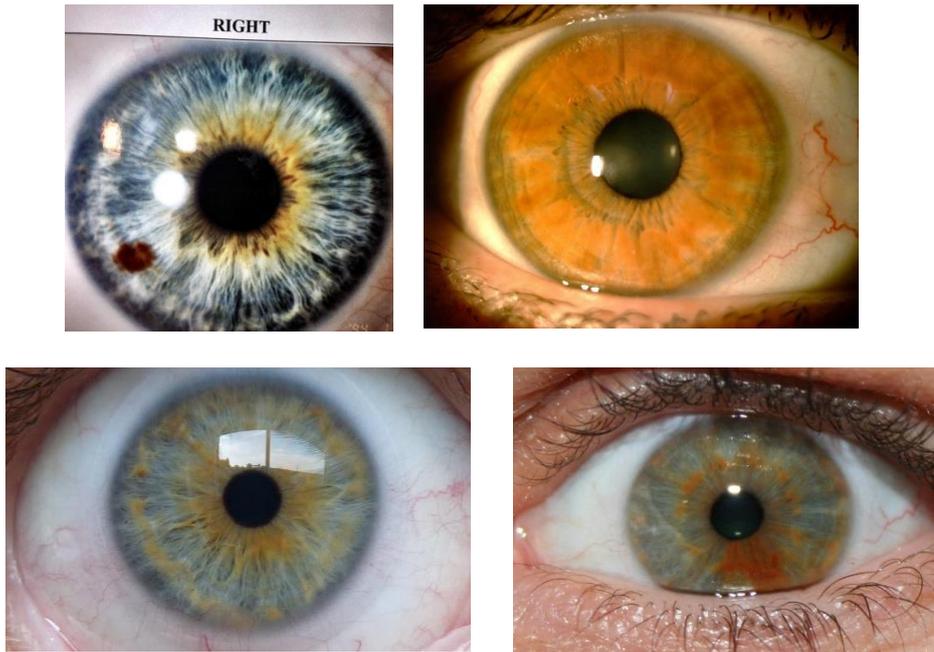
These include:

- Highly acidic beverages and foods such as soft drinks and anything made with cooked tomatoes. Note also that citrus and other acid-type fruits may cause the heartburn to increase in severity. If so is the case, one should stick with the sub-acid or sweet fruits one can tolerate until the problem has been addressed.
- Protein foods which include: meat, fish, poultry, eggs, dairy products, seeds, nuts and beans. Try your best to avoid motivating production of additional hydrochloric acid by leaving out the aforementioned foods.
- Improper food combining (particularly by mixing carbohydrates and proteins at the same meal). Proper food combining is important to adhere to, when dealing with acid reflux or heartburn. Refer to the PDF entitled, 'Food Combining & Fruit Categories'.
- Methylsulfonylmethane (MSM) sulfur supplements. These supplements will often suppress and reduce the pain and burning sensations. However, they do not resolve the underlying issue and may result in more sulfur accumulation in tissues.

Go through the following document and pay special attention to the 'Thyroid/Parathyroid' and 'Pancreas' sections:

[Download](#) 'Self-Assessment Health Questionnaire'

Next, grab a flashlight (if needed) and find a mirror. Check to see if you have a sulfur ring (characterized by a yellow to orange ring usually surrounding the pupil; see pictures below) in either of your irides.



When you see the yellow/orange being drawn toward the periphery (bottom right and left pictures) of the iris this means that your body is attempting to eliminate the sulfur, first through the lymph nodes.

Sulfur burns can occur and intensify when being broken loose in tissues by astringent fruits and [lymphatic pulling] herbs. Gas and/or burping is normally associated with this.

### *Alleviating Symptoms*

To ease the pain and burning sensation, and to promote repair of the esophageal wall and stomach, you can try one or [preferably] more of the following anti-inflammatory and soothing remedies throughout each day (teas should be consumed frequently):

- Marshmallow root tea
- Marshmallow root [cold infusion](#)
- Slippery elm tea
- Licorice root tea (NOTE: Licorice root tends to raise blood pressure)
- Chamomile flower tea
- Ginger root tea
- Gentian root tea
- Aloe vera juice (2-3 fl. oz.)
- Baking soda (½-1 teaspoon of powder mixed with 8 oz. of water)
- [Magnetized](#) water (3-4 cups per day; can be used for making tea)

## **Beneficial Herbal Infusions**

Herbal infusions are another method of drawing out the scent, flavor, and healing properties from plant material, and infusing these properties into the water. This is a great addition to any herbal protocol. The instructions for making a catnip, chamomile and licorice root infusion are provided below. You can alternate between each infusion or stick with one.

### **Catnip infusion**

You'll need:

- A quart (32 oz.) sealable mason/preserving jar (preferably made of glass)
- 1 ounce of catnip leaves and flowers
- Pot or electric water boiler to bring 32 fl. oz. of water to a boil

Instructions:

1. Place plant material into jar
2. Pour 32 fl. oz. of boiling water into jar, cap and seal the jar
3. Allow plant material to infuse for 1 hour (2-4 hours if only using catnip leaves)
4. Strain liquid from plant material and voila

Drink the 4 cups of the infusion throughout the day. Make 1 quart of this infusion each day. Consume infusion within 36 hours (can be refrigerated).

### **Chamomile infusion**

You'll need:

- A quart (32 oz.) sealable mason/preserving jar (preferably made of glass)
- 1 ounce of medicinal grade chamomile flowers
- Pot or electric water boiler to bring 32 fl. oz. of water to a boil

Instructions:

1. Place plant material into jar
2. Pour 32 fl. oz. of boiling water into jar, cap and seal the jar
3. Allow plant material to infuse for 10-30 minutes
4. Strain liquid from plant material and voila

Drink the 4 cups of the infusion throughout the day. Make 1 quart of this infusion each day. Consume infusion within 36 hours (can be refrigerated).

**Licorice root infusion (NOTE: avoid with high blood pressure)**

You'll need:

- A pint (16 oz.) sealable mason/preserving jar (preferably made of glass)
- 1 ounce of licorice root
- Pot or electric water boiler to bring 16 fl. oz. of water to a boil

Instructions:

1. Place plant material into jar
2. Pour 16 fl. oz. of boiling water into jar, cap and seal the jar
3. Allow plant material to infuse for 1-2 hours max
4. Strain liquid from plant material and voila

Drink the 4 cups of the infusion throughout the day. Make 1 quart of this infusion each day. Consume infusion within 36 hours (can be refrigerated).

## *Addressing the Cause*

Reversing acid reflux is a matter of making the appropriate changes in diet and lifestyle to facilitate removal of interstitial acidity and promote healing and regeneration of tissue. In cases of pancreatic weakness, a [preferably encapsulated] pancreas restorative herbal formula or raw, organic pancreas glandular is highly advised as part of a holistic dietary and herbal regimen.

Interstitial lymphatic constipation of the esophageal wall (and anywhere in the body) must be addressed through inspiring adrenal and kidney health to achieve and maintain consistent expelling of lymphatic wastes from the body. This must also be done to accelerate healing of the pancreas.

The use of astringent fruits (lemons, grapefruits, grapes, watermelons, etc.) and herbs are paramount for dissolving and preparing the sulfur to be expelled from the body. The following is a general protocol based only upon knowing that the individual is dealing with acid reflux:

<b>SUGGESTED HERBAL PROTOCOL (MODIFY IF NEEDED)</b>
* Kidneys & Bladder Tonic formula
* Stomach & Bowels Tonic formula
* Endocrine Balance or Adrenal Gland Tonic
* Lymphatic System Tonic I
* Stomach Tea
<b>ADDITIONAL FORMULAS (IF NEEDED)</b>
* GI-Broom (for drawing out sulfur) (incorporate on week 5)
* Pancreas herbal formula or pancreas glandular
* Parathyroid glandular (if lower esophageal sphincter weakness is suspected)

NOTE: When symptoms cease, it is recommended that you do NOT stop your protocol (or other natural remedies) immediately. Allow the healing and repair to continue for at least 1-2 weeks longer. This will help prevent symptoms from recurring following minor dietary mishaps.

Stomach & Bowels (S&B) capsules can be opened and brewed into an anti-inflammatory tea:

1. Pour the contents of 3-4 opened capsules into a cup
2. Add boiling water and allow to steep for ~5-10 minutes
3. Sip on your tea

Some people report soothing effects from ingesting organic, pure raw honey; you may try adding this to the S&B tea.

## *Dietary Recommendations*

The diet should be kept simple (i.e. few ingredients per meal) and consist of 80-100% raw foods. Proper food combining is important to avoid indigestion and fermentation.

The standardized diet plan can be followed and is as follows:

- A fruit meal as the first meal of the day and also for lunch.
- Fruit or green juices (juiced celery is often superb in cases of acid reflux), as well as some dried fruit can be enjoyed as a snack between meals.
- As the last meal of the day, have a raw salad or cooked veggie meal.
- Lunch and dinner can be swapped if more appropriate.

A table of acid/sub-acid/sweet fruit categories can be explored below. If acid fruits aggravate pain, switch to sub-acid and sweet fruits. To curtail incessant discomfort, you may also temporarily rely upon green smoothies in tandem with salads and green juices. The important thing is getting yourself into a position where you can comfortably continue detoxification on, and be able to tolerate, a high or exclusively fruit diet.

SUB-ACID FRUITS	SWEET FRUITS	ACID FRUITS	NIGHTSHADES*	
Apple	Banana	Cranberry*	<b>General</b>	<b>Peppers</b>
Apricot	Date	Grapefruit	Chayote	Banana
Blackberry	Fig	Kiwi	Eggplant	Cayenne
Blueberry	Jackfruit	Kumquat	Paprika	Cherry
Cherimoya	Jujube	Lemon	Pimentos	Chili
Cherry	Longan	Lime	Potatoes(white)	Datil
Grapes	Mamey Sapote	Orange	Tomato	Habanero
Loquat	Mangosteen	Pineapple	Tomatillos	Jalapeno
Lychee	Papaya	Pomegranate	Etc.	Sweet
Mango	Prunes	Strawberry		Thai
Nectarine	Persimmon	Tangelo		Wax
Peach	Raisins	Etc.		Etc.
Pear	Etc.			
Plum				
Raspberries				
Etc.				
<b>* Generally not part of the recommended diet protocols.</b>				