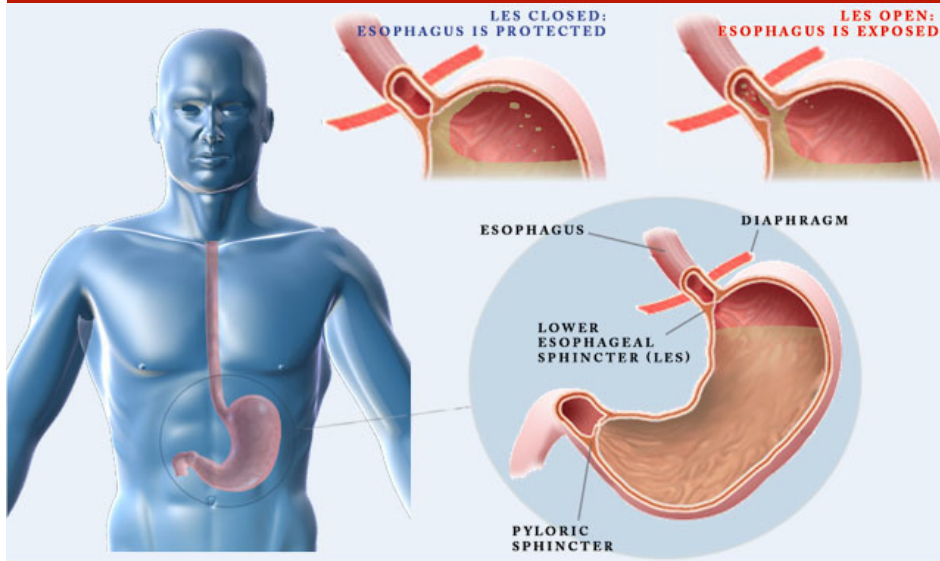


# What is GERD?



## Remède Physique Newsletter

*“Imagine a splinter in you foot is causing pain and discomfort. You could take a pain-killing drug (temporary symptom suppression) or you could take the splinter out (remove the cause of the problem). Which solution makes more sense?”*

-Why Stomach Acid is Good for You

## Gastroesophageal Reflux Disease

### Gastroesophageal Reflux

occurs when stomach acid or stomach content flows back into your esophagus.

This backwash, or reflux, irritates the lining of your esophagus and causes a burning sensation in the chest, sometimes spreading into the throat. There will often be a sour taste in the mouth and chest pain. Perhaps some difficulty

swallowing, a dry cough and even hoarseness in your voice.

It is not pleasant.

And it is not uncommon for people to assume that the problem stems from having too much acid in the stomach ... but the reality couldn't be further from that assumption.

The truth is that GERD is

caused by TOO LITTLE acid in the stomach or stomach acid that is not acidic enough!

Unfortunately, the most commonly prescribed drug for heartburn today is Prilosec, and this virtually eliminates all acid in the stomach 24-7. You may not feel GERD occurring, but long-term suppression of stomach acid has serious adverse effects.

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- 2: Adverse Effects of Stomach Acid Suppression
- 2-3: Normal Stomach Function
- 4: Resources

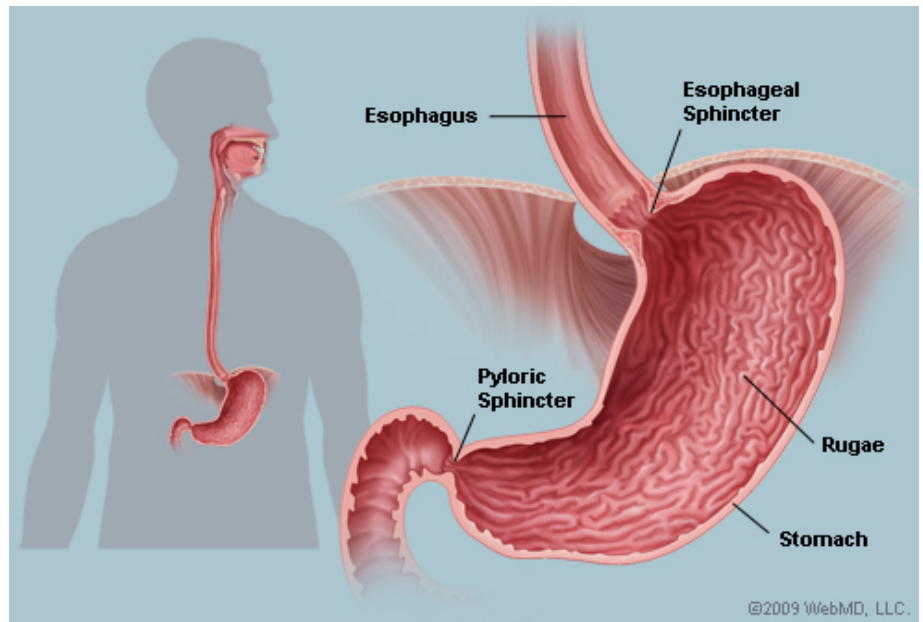


## Adverse Effects of Stomach Acid Suppression and Overuse of Antacids

- bacterial overgrowth leading to heartburn, gas, constipation, diarrhea and increased susceptibility to potentially fatal infections like cholera and Salmonella

- poor digestion of vitamins, minerals, proteins and amino acids leading to mood disorders (depression, anxiety), osteoporosis and other disease processes

- allergies
- asthma
- pernicious anemia
- stomach cancer
- skin disorders including acne, dermatitis, eczema and hives
- gallbladder disease
- rheumatoid arthritis
- thyroid disorders (Grave's, Hashimoto's)
- Lupus erythematosus
- chronic hepatitis
- accelerated aging
- excess calcium in the blood and kidney failure



## Normal Stomach Function

Before we even put anything into our mouth, digestion begins. The sight and smell of food triggers our salivary glands to begin producing saliva. So digestion is considered to start in the brain.

In the mouth, our teeth physically break down food into small parts and the salivary glands secrete saliva to moisten the food to help with swallowing, and to begin the chemical breakdown of carbohydrates.

When you swallow, the bolus of food enters the

esophagus for passage into the stomach. Here the cardiac (esophageal) sphincter at the bottom of the esophagus opens to allow the bolus to pass into the stomach.

The stomach continues the mechanical and chemical breakdown of food. Gastric juice (known as stomach acid) is secreted from millions of tiny gastric glands located in the mucosal lining of the stomach.

Hydrochloric Acid (HCL) and pepsinogen begin breaking down proteins into amino acids and the release of HCL

triggers gastrin to be released into the blood stream. HCL also triggers the cardiac (esophageal) sphincter to close, keeping stomach acid and the food bolus in the stomach.

This is where things start to go wrong for GERD sufferers. When there isn't enough HCL, or if the HCL is not acidic enough, then the cardiac (esophageal) sphincter will not close, allowing acid and the food bolus to rise up into the esophagus.

The tissues in the esophagus are not resistant to acid, like the tissue inside the stomach and intestines. That is why it hurts so much when the acid leaks into the esophagus.

After the stomach churns the bolus and mixes it with gastric juice, the food breaks down even more into a very acidic paste called chyme.

When it reaches the proper acidity, chyme is released into the small intestines. The pH of the chyme triggers the

small intestine to secrete mucous and hormones that stimulate the pancreas and gallbladder to release their digestive enzymes and bile.

Bile is necessary to emulsify and absorb fats and pancreatic juices digest proteins, carbohydrates and fats.

By the time the chyme leaves the upper portion of the small intestines it is almost totally digested.

Next, the nutrients in the food are absorbed in the lower part of the small intestines.

Anything left over passes into the large intestines where water is recycled, waste material nourishes the colon cells and any lingering nutrients will nourish the bowel flora.

Whatever is left is expelled as feces.

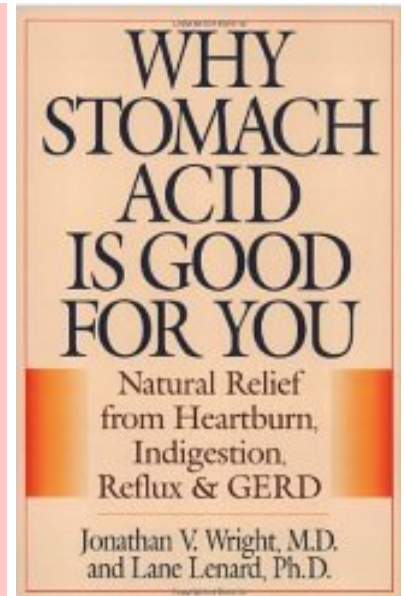
Concentration of Hydrogen ions compared to distilled water	pH	Examples of solutions at this pH
10,000,000	pH = 0	Battery acid, Strong Hydrofluoric Acid
1,000,000	pH = 1	Hydrochloric acid secreted by stomach lining
100,000	pH = 2	Lemon Juice, Gastric Acid, Vinegar
10,000	pH = 3	Grapefruit, Orange Juice, Soda
1,000	pH = 4	Tomato Juice, Acid rain
100	pH = 5	Soft drinking water, Black Coffee
10	pH = 6	Urine, Saliva
1	pH = 7	"Pure" water
1/10	pH = 8	Sea water
1/100	pH = 9	Baking soda
1/1,000	pH = 10	Great Salt Lake, Milk of Magnesia
1/10,000	pH = 11	Ammonia solution
1/100,000	pH = 12	Soapy water
1/1,000,000	pH = 13	Bleaches, Oven cleaner
1/10,000,000	pH = 14	Liquid drain cleaner

**Acidic by Design ::** When stomach acid is first excreted into the stomach it has a pH of 0.8 ... that is almost pure acid! To give you some perspective ... battery acid has a pH of 0, lemon juice and vinegar have a pH of 2, and grapefruit and orange juice have a pH of 3.

As stomach acid mixes with food, it loses some of that acidity and ideally should be at a pH between 1.5-3.0 to trigger the esophageal sphincter and other digestive processes.

Stomach acid bathes and disinfects the stomach, kills bacteria and parasites and activates pepsin so we can digest protein.

**This groundbreaking book unleashes a brilliant new plan for permanently curing heartburn** by relieving the root cause of the problem: low stomach acid. The fact is that heartburn is caused by too little stomach acid -- not too much, as many doctors profess. As explained in this book, the current practice of reducing stomach acid may be a temporary fix, but this fix comes at a cost to our long-term health that is being ignored by the pharmaceutical companies, the FDA, and the thousands of physicians that prescribe anti-acid drugs like Prilosec, Tagamet, Zantac, Pepcid, and others.



**There are number of things that can lower stomach acid**, aside from the fact that it declines with age: eating processed foods; sympathetic dominance (being stressed, worrying, too little sleep, etc); NSAIDs, steroids, antibiotics, acid neutralizers, and histamine receptor blockers; coffee, alcohol, dairy; and H. pylori infection

### Minimize Stress on Your Digestive System

Whether you struggle with a frequent upset stomach, or you want to be able to eat certain foods without the unpleasant after effects, indigestion can be a frustrating problem.

Your issues may stem from a lack of stomach acid in your body's digestive system. Studies show that as we age, levels of HCL and other digestive enzymes can decrease.

HCL-ProZyme from Apex Energetics is a dietary supplement that supports production of hydrochloric acid and contains a proprietary blend of herbs and flower essences to soothe and relieve.

Taking clinically-formulated HCL-Prozyme with a meal can help your body properly break down fats and proteins - giving you optimal nutrition and sparing you from the discomfort of indigestion.

Consult with your healthcare professional.

