

GERD/Heartburn

Description: Despite its name, heartburn has nothing to do with the heart. Some of the symptoms, however, are similar to those of a heart attack or heart disease. Heartburn is an irritation of the esophagus that is caused by stomach acid. This can create a burning discomfort in the upper abdomen or below the breast bone. With gravity's help, a muscular valve called the lower esophageal sphincter, or LES, keeps stomach acid in the stomach. The LES is located where the esophagus meets the stomach -- below the rib cage and slightly left of center. Normally it opens to allow food into the stomach or to permit belching; then it closes again. But if the LES opens too often or does not close tight enough, stomach acid can reflux, or seep, into the esophagus and cause the burning sensation.

Protocol/Dosage: Gastrazyme- 3 Tablets 4x/ day before meals and bed until resolved.
AF-Betafood- 5 Tablets 2x/ day with meals until resolved
Use: HydroZyme- 1 Tablet with each meal to digest protein and minerals due to faulty stomach and insufficient digestion after treatment.

Dietary Recommendation: Avoid spicy, fatty, acid foods.

Additional Recommendation: Check Hiatial Hernia.

