



DR. DAN'S

Natural Healing
CENTER

Simple, natural healthcare

Healthy Digestion

Digestion of fresh, whole foods is the key to our health and well-being. At the first moment of heartburn, reflux, bloating or burping, take notice – your body is trying to tell you something. You'll be surprised to learn that 90% of all excess acid symptoms actually result from *a lack of acid* in the stomach, which is very common with aging.

What *feels* like acid is actually undigested (or improperly digested) food sitting in the stomach. Treating these symptoms with an antacid like Zantac, Pepcid, or worse, Prilosec or Nexium adds insult to injury in a very big way. Why is that?

These products reduce stomach acid and prevent the breakdown of proteins such as beef, fish and chicken. They also prevent or limit the signal for release of digestive enzymes from the pancreas that is crucial for digestion of carbohydrates. And, as if that's not enough, they reduce the release of bile from your liver and gallbladder necessary for digestion of fats. In fact, they do the exact opposite of what you need to do to eliminate your digestive upset. If undigested food is the culprit, why in the world would you want to inhibit the digestive process?

TIP: Try an old Vermont farmers' remedy of taking 1 Tbsp. apple cider vinegar in a small glass of warm water before dinner or a large meal. If your symptoms improve, you need acid for better digestion. If your symptoms worsen, the lining of your stomach needs to heal and/or you need some gallbladder/bile support. In Chinese Medicine, this issue is called "liver invading stomach."

TIP: Put a squeeze of fresh lemon in the water you sip throughout the day. And get tested for nutritional supplement products such as Gastrex, HiPep, Aloe Vera Juice, AF Betafood at Dr. Dan's Natural Healing Center.

Remember my motto – Eat Well, Digest Better.