

Acid Reflux Seminar
The Shocking Truth about Acid Reflux

Acid Reflux—a National Epidemic and a Precursor to Chronic illness
Treatment of Acid Reflux/GERD with Traditional Foods

Presented by:

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Part 1

1) Prevalence of Acid Reflux

- 60 million Americans have been diagnosed with acid-reflux and many people have acid reflux without knowing it.
- More have conditions related to this that do not yet have acid reflux.
- *When Prilosec went over the counter, Procter and Gamble expected \$400,000,000 in sales from that.*
- Related to bowel disorders, irritable bowel, colitis, constipation, flatulence and bloating, autoimmune disorders, allergies, asthma, inflammation and autism—all have grown in epidemic proportions.
- 35% to 41% of people taking drugs for acid reflux continue to have symptoms; 60% of people taking the drugs have the problem 3 times a week despite taking the pills; 75% of people on prescription meds are also taking OTC meds like Pepsin, Maalox and Tums and not getting any relief.

2) So what exactly is acid reflux?

- Acid reflux is a condition where hydrochloric acid from the stomach recurrently escapes up to the esophagus through the cardiac sphincter—a ring shaped muscle that opens to allow food to pass from the esophagus to the stomach.
- It is often accompanied by the presence of a Hiatal Hernia, whereby the cardiac sphincter has been weakened.

3) Increase in medications for digestive disorders

- *There has been a 56% increase in the last few years of medicine for acid-reflux and digestive disorders in infants and children from 0-4 years old!*

4) Common and lesser known symptoms

- **Adults--** hoarseness, belching, chronic throat clearing and sore throat, persistent cough, difficulty swallowing, nausea, asthma and wheezing and persistent hiccups
 - 41.1% of non-smokers who have chronic cough and 60% of those who have asthma have acid reflux.
 - This is caused when acid is aspirated into the airways and lungs, which stimulates the esophageal nerves and those going to the lungs. An asthmatic response results when the stimulated nerves to the smaller breathing tubes are narrowed.
 - The acid can also cause inflammation of the throat and larynx.

- Some asthma medications that dilate the bronchial tubes can trigger acid reflux symptoms as they may cause the cardiac sphincter to relax—allowing acid to escape up through the esophagus.
 - **Infants and Children--** frequent ear infections, excessive crying, nausea with or without vomiting, excessive coughing, respiratory problems, refusing food, excessive belching and burping.
 - Acid reflux may cause persistent ear infections as refluxed liquid enters the upper throat and inflames the adenoids causing them to swell. The swollen adenoids can block the passages from the sinuses and Eustachian tube and fluid can build in the sinuses and middle ear.
- 5) **What is the cause of this massive increase in GERD?**
- Modern food supply and health dictates—which promotes hard-to-digest high-fiber/high-carbohydrate/low-fat foods and lacks in foods that maintain a healthy gut flora.
 - Hard-to-digest high-fiber/ high-carbohydrate foods cause low acid and fermentation (Candida overgrowth) in the stomach—fermentation pushes acid from stomach up through the esophageal sphincter
 - Constant pressure of fermentation gases in the stomach can weaken the esophageal sphincter and cause a *hiatal hernia* (where part of the stomach pushes up through the esophageal sphincter.)
 - Candida can also attach to the muscles of the cardiac sphincter and paralyze them—allowing acid to escape into the esophagus
- 6) **Acid reflux is a serious digestive health problem that does not merely cause terrible physical discomfort, but is also a long-term sign of a severely nutrient-deficient diet, poor digestion, unhealthy gut flora and malabsorption.**
- Children born with poor gut flora and modern diet does not support healthy gut flora
 - Low acid in the stomach
 - Fermentation in the stomach from Candida overgrowth
 - Fermentation causing acid reflux
 - Candida attaches itself to the cardiac sphincter and paralyzes the muscles
 - Intestinal damage from Candida causes “leaky gut” and allergies
 - Candida overgrowth causes food to be poorly broken down—problems with food addictions and brain chemistry
 - alcohol
 - acetaldehyde
 - gluteo- and caseo-morphine chemicals
 - Connection with mental health problems
 - Connection with exponential increase in Autism
 - Poor digestion causes malnourishment
- 7) **Hippocrates (460-370 BC) said that, “All diseases begin in the gut,” and Dr. Weston A. Price said, “All disease is caused from malnourishment.”**
- parallel principles holding the critical solutions to true healing
 - poor digestion essentially leads to malnourishment
 - malnourishment is a precursor to chronic illness of all kinds

- Today, as we see acid-reflux in panoramic view, noticed by all as “common,” we are seeing an alarming increase in degenerative illness, autoimmune disorders, and brain and mental health disorders, in not just adults, but in infants and children alike.
- I.e. Statistic for Autism—cases in one year are more than that for diabetes, cancer, and AIDS put together

8) **Standard treatment for acid reflux—the “purple pill solution”**

- most doctors prescribe medicine to lower acid in the stomach and recommend eating small carefully selected meals and sleeping with a propped-up bed
- danger in the Lowering acid in the stomach—poorly digested food, increase in bad bacteria
- As an example of this principle, there was a bacteria and virus count study done in the oral cavities of seriously ill hospitalized patients whose gastric acid PH had risen above normal levels. In a healthy stomach environment, the stomach acid is should be very acidic—between a PH of .8 and 2.5. But according to *Critical Care Medicine* (1982; 10:444-447), ICU patients whose gastric PH rose above 4 experienced “*rapid gastric colonization of organisms*” and the bacteria and viruses were found in the oral cavity. So with low acid in the stomach, your immune system will have to work much harder.
- untreated or incorrectly treated acid reflux may lead to serious, life-threatening illness
- may be a precursor of severe degenerative conditions

9) **Natural treatments—good suggestions**

- *Correcting Hiatal Hernia is often part of the healing from acid reflux*
 - (a) Easy-to-digest traditional foods
 - (b) Focus on a low-fiber diet rich in bone broth soups and cultured dairy (if tolerated)
 - (c) Chiropractic adjustment for a Hiatal hernia
 - (d) Sleep on a wedge until esophageal sphincter is healed
- *Suggestions that are useful in the healing process and help prevent the return of the problem*
 - (a) Eat small, frequent meals
 - (b) Eat slowly
 - (c) Follow an anti-Candida diet
 - (d) Take enzymes and probiotics
 - (e) Eat fermented foods
 - (f) Eat an easy-to-digest diet
 - (g) Cut down on simple carbohydrates
 - (h) Cabbage juice, celery juice potato juice may be helpful
 - (i) Aloe Vera juice may be helpful for healing
 - (j) Helpful herbs: slippery elm, ginger, marshmallow root, licorice, bladderwrack, chamomile, fennel seed, lemon balm and turmeric, cumin, meadowsweet
 - (k) Papaya and papaya juice may be helpful
 - (l) Bitters may help digestion
 - (m) Acupressure may be helpful
 - (n) Wear loose clothing

- (o) Minimize stress
- (p) Meditation is helpful
- (q) Regular exercise is helpful
- (r) Sleep 8 hours
- (s) Elevate you bed
- (t) Avoid eating 2-3 hours before bedtime
- (u) Avoid allergenic foods
- (v) Avoid grains
- (w) Avoid vegetables that produce gas
- (x) Avoid high-fiber foods
- (y) Avoid fried foods
- (z) Avoid juices and citrus fruits (except lemon)
- (aa) Avoid alcohol, coffee, chocolate, tomatoes, mint and mint flavorings
- (bb) Avoid spicy foods

10) Natural treatments—poor suggestions

- HCL Supplementation:
 - Although HCL supplementation is often prescribed as a natural remedy for the low-acid in the stomach that causes acid-reflux, there may be problems with its use. HCL may irritate the stomach lining and cause gastritis, which is an inflammation of the stomach lining. Ultimately, proper HCL production is necessary for good digestion, but a safer approach to improving stomach acid production is to eliminate Candida from the body, take enzymes, probiotics and eat cultured foods and beverages.
- Eat a high-fiber, low-fat diet
- Eliminate saturated fat, use vegetable oils
- Eat soy cheese instead of cheese
- Increase water and juice intake to 5-8 glasses daily
- Eat 5-9 servings of fruits and vegetables daily
- Eat only lean meat
- Eat plenty of whole grains

Part 2—True Healing with Nutrient-Dense, Traditional foods---the work of Dr. Weston Price

1. Heal the digestive tract
2. Develop a healthy intestinal flora
3. Correct Hiatal Hernia through low-fiber/easy-to-digest, traditional foods and Chiropractic adjustment
4. Correct malnourishment

A. The first step to recovery is eating foods that end the Candida cycle, heal the digestive tract, offer superior nutrition and are easy to digest.

- Start with bone broth soups exclusively for the first week.
 - a. Bone broth soups are one of the easiest foods to digest
 - b. Broth heals inflammation of the intestinal tract
 - c. The meat, broth, cooked vegetables and fats provide complete nutrition—you can live on bone broth soups!

B. The second step to recovery is inoculating the gut with foods that will build a healthy intestinal flora.

- Add whole fat cow or goat’s milk kefir or yogurt (preferably make your own from raw milk from pastured animals—see www.realmilk.com.)—kefir has beneficial yeasts that literally “eat” Candida, and other probiotic bacteria that will colonize in your intestinal tract.
- If dairy is not tolerated, try other fermented foods and beverages—coconut kefir and coconut yogurt (see www.bodyecology.com)
- www.bodyecology.com has cultures and recipes for making foods that will help you overcome Candida overgrowth and build a healthy gut flora.
- *Start with a small amount of cultured foods only after esophageal sphincter and gut is healed—too much, too soon can irritate the digestive system.*

C. The third step to recovery is eating a diet consisting solely of nutrient-dense, easy-to-digest foods that continue to heal the intestinal tract and support a healthy flora.

- High quality fats—for nutrient absorption and healing the gut lining
 - a. Butter (preferably raw from grass-fed cows)—butter is one of the most healing fats you can consume
 - b. Coconut oil, palm oil
 - c. Lard from pastured animals (see www.westonaprice.org.)
 - d. Meat with its fat (from pastured animals)
- Liver from grass-fed animals—at least once a week
- Eggs (preferably from pastured hens)—especially the yolks
- Cod liver oil (fermented is best)—combined with High-Vitamin butter oil (only the brands we recommend as commercial brands are watered down and do not have adequate vitamin A and D—see sources)
- Whole raw milk, yogurt or kefir—from grass-fed cows or goats (www.realmilk.com)
- Bone broth soups
- Beef from pastured animals (try lightly cooked or even raw—fantastic recipes in *Nourishing Traditions*)
- Chicken and pork from pastured animals
- Wild-caught shrimp
- Wild-caught salmon
- Fish eggs—(sources from www.westonaprice.org and sushi restaurants offer these—they are delicious!)
- Oysters
- Sauerkraut (homemade)
- Organic beets—organic pickled beets and beet kvass (homemade—see recipes)
- Vegetables—limit vegetables, at first, to those you consume in bone broth soups or sauté or steam—always add butter or coconut oil.

The Path to Permanent Healing

When we look at treating acid reflux we must concentrate on moving well beyond the realm of symptom relief if true healing is going to occur. Focusing on nutrient-dense, easy to digest foods over time will do the triple duty of relieving symptoms, improving digestion and correcting

malnourishment to give the body the nutritional support it will need to thrive. The answers are all there when we heed the infallible truths that both Hippocrates and Dr. Price have provided.

Kathryne Pirtle is a world-class clarinetist whose career nearly ended because of performance difficulties caused by acid reflux, celiac disease, chronic inflammation and other health problems. *Performance without Pain*, written with John Turner, DC and Sally Fallon, President of the Weston A. Price Foundation tells the story of her trials and recovery. As a health educator, she has given more than 45 workshops around the country with Dr. John Turner and appeared on numerous radio and television shows. Pirtle is executive director of the Orion Ensemble, which gives three concert series in Metropolitan Chicago, presents a live internationally broadcast series on Chicago's WFMT-FM Fine Arts Radio Network and tours throughout North America. She is also principal clarinetist of the Lake Forest Symphony and frequently performs with the Chicago Lyric Opera Orchestra, the Grant Park Music Festival, The Ravinia Festival Orchestra, and the Chicago Symphony Orchestra.

Dr. John D. Turner, DC, CCSP, DIBCN is a Certified Chiropractic Sports Physician and a Board Certified Chiropractic Neurologist who has run a successful private practice in Glendale Heights, Il. for more than 25 years. He has served on the medical staff at the World Gymnastics Championships, and the United States and Big Ten Track and Field Championships, lectured at the National Athletic Trainers Association Annual Conference and served a nutrition consultant for the Chicago Sting Professional Soccer Team. He currently serves as a Preceptor for the National University of Health Sciences, helping train graduating Doctors of Chiropractic in their clinical expertise in physical examinations, diagnosis and adjusting skills. Dr. Turner believes that health is not merely the absence of symptoms, but an optimal balance of our physical, biochemical and energetic selves.

**For more information on their book and seminars see:
www.performancewithoutpain.com**

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