

Acid Reflux and Indigestion

Harmony & Health

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Heartburn or acid reflux is when acid leaves the stomach and enters the esophagus causing burning and pain. Occasional heartburn is not serious, but repeated episodes can cause erosion of the esophagus and scar tissue. Acid indigestion can be caused by poor digestion from lack of digestive enzymes, food allergies, processed foods or not chewing well; and/or pressure from gas, excess weight, tight clothing or lying down after eating.

Start with basics, take time to chew your food well and do not drink much with your meal or for 30 minutes following. Too many folks wash their food down instead of chewing. The liquid dilutes the digestive process and increases volume in the stomach resulting in increased belching as well as heartburn.

Some Products to consider:

- **Food Enzymes** or **Proactazyme Plus** both are enzyme formulas to help compensate for a sluggish digestive system or too many cooked foods in the diet. As we get older, our bodies produce less enzymes. If over 40 years old, keep them on hand and use as needed.
- **PDA** stands for Protein Digestive Aid. Used for Gout and other conditions aggravated by undigested proteins. Good to add 1-2 tablets with your enzymes to enhance digestion of meat and other heavy proteins, as well as food in general.
- **Digestive Bitters** is a beautiful blend to stimulate & strengthen your liver and digestive system to do their jobs better. Usually ½ - 1 teaspoonful before meals or as needed.
- **Stomach Comfort** helps alkalize in cases of too much acid production due to overeating or stress. Chew 2 tablets as needed for reflux, indigestion, or as prevention.
- **Aloe Vera Juice** is helpful for healing damage to the esophagus due to acid reflux.
- **Catnip & Fennel** helps to ease intestinal gas and bloating. Very good for infants & children.
- **PapayaMint** contains the enzyme papain, which helps break down proteins. Chew 1-3 tablets with each meal to aid in digestion. Another similar product, **Papayzyme** for children, is useful for anyone wanting a sweeter option to help ease distention & digestive troubles.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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