How To Heal Acid Reflux Naturally

By Dr. Mercola

Acid reflux is an extremely common health problem, affecting as many as 50 percent of Americans. Other terms used for this condition are gastroesophageal reflux disease (GERD) or peptic ulcer disease.

The hallmark symptom of acid reflux is “heartburn”—a burning sensation behind your breastbone that sometimes travels up your throat. In some cases, this pain can be severe enough to be mistaken for a heart attack.

Conventionally, acid reflux is thought to be caused by excessive amounts of acid in your stomach, which is why acid-blocking drugs are typically prescribed or recommended.

This is a serious medical misconception that adversely affects hundreds of millions of people, as the problem usually results from having too little acid in your stomach.

What Causes Heartburn?

After food passes through your esophagus into your stomach, a muscular valve called the lower esophageal sphincter (LES) closes, preventing food or acid to move back up.

Acid reflux occurs when the LES relaxes inappropriately, allowing acid from your stomach to flow (reflux) backward into your esophagus. But it’s important to understand that acid reflux is not a disease caused by excessive acid production in your stomach; rather it’s a symptom more commonly related to:

- Hiatal hernia

- Helicobacter pylori (H. pylori) infection (H. pylori bacteria is thought to affect more than half of the world’s population, and has been identified as a Group 1 carcinogen by the World Health Organization)

While these two conditions are unrelated, many who have a hiatal hernia also have H. pylori, which cause a chronic low-level inflammation of your stomach lining that can result in an ulcer and associated symptoms. If you have a hiatal
hernia, physical therapy on the area may work and many chiropractors are skilled in this adjustment.

The hypothesis that H. pylori infection is responsible, or at least a major factor, for producing the symptoms of acid reflux stems from the work done by Dr. Barry Marshall, an Australian physician, during the early 1980s.

Are You Suffering a Drug Side Effect?

Besides these underlying conditions, please beware that certain prescription and over-the-counter (OTC) medications can also cause heartburn. Common culprits include anxiety medications and antidepressants, antibiotics, blood pressure medications, nitroglycerin, osteoporosis drugs, and pain relievers.

If your heartburn is caused by a medication you’re taking, the answer is, of course, to address what, when, and how you’re taking that drug. Please do not make the mistake of simply adding yet another drug to counteract this side effect. WebMD offers a number of helpful tips for how to address drug-induced heartburn, such as:

- Avoid taking more than the recommended or prescribed dose
- Some medications are best taken on an empty stomach, while others are less likely to cause side effects like heartburn when taken with a meal. Check the label for instructions, or ask your doctor or pharmacist for advise on when and how to take your medication
- Ask your doctor or pharmacist to review ALL the medications and supplements you’re taking to see if one or more of them cause heartburn. Changing the dose or switching to another medication may be advisable to ease your heartburn. Some drugs may be available in cream form rather than a pill, which would be far less likely to cause heartburn

- Avoid laying down right after taking your medication
- Drink some ginger tea

Why Medications for Heartburn Can Do More Harm Than Good

One of the most commonly prescribed drugs for heartburn and acid reflux are proton pump inhibitors (PPIs), which are very effective at blocking acid production in your stomach.

While that may sound like an appropriate remedy, considering the fact that stomach acid is creeping up your esophagus, in most cases it’s actually
the worst approach possible, as a major part of the problem is typically related to your stomach producing too little stomach acid.

There are over 16,000 articles in the medical literature showing that suppressing stomach acid does not address the problem. It only temporarily treats the symptoms.

PPIs like Nexium, Prilosec, and Prevacid were originally designed to treat a very limited range of severe problems. According to Mitchell Katz, director of the San Francisco Department of Public Health, who wrote an editorial on this topic four years ago, proton pump inhibitors (PPIs) are only warranted for the treatment of:

- Bleeding ulcers
- Zollinger-Ellison syndrome (a rare condition that causes your stomach to produce excess acid)
- Severe acid reflux, where an endoscopy has confirmed that your esophagus is damaged

According to Katz, “about 60 to 70 percent of people taking these drugs have mild heartburn and shouldn’t be on them.” Part of the problem with PPIs is that when you suppress the amount of acid in your stomach, you decrease your body’s ability to kill the helicobacter bacteria. So if your heartburn is caused by an H. pylori infection, it actually makes your condition worse and perpetuates the problem. Besides that, reducing acid in your stomach diminishes your primary defense mechanism for food-borne infections, which will increase your risk of food poisoning. PPI drugs can also cause potentially serious side effects, including pneumonia, bone loss, hip fractures, and infection with Clostridium difficile (a harmful intestinal bacteria).

Warning: Proton Pump Inhibitors Tend to Cause Dependence

It’s also worth nothing that you’ll also develop both tolerance and dependence on PPI drugs, so you should not stop taking proton pump inhibitors cold turkey. You need to wean yourself off them gradually or else you might experience a severe rebound of your symptoms. In some cases, the problem may end up being worse than before you started taking the medication.

Ideally, you’ll want to get a lower dose than you’re on now, and then gradually decrease your dose. Once you get down to the lowest dose of the proton pump inhibitor, you can start substituting with an over-the-counter H2 blocker.
like Tagamet, Cimetidine, Zantac, or Raniditine. Then gradually wean off the H2 blocker over the next several weeks.

While you wean yourself off these drugs (if you’re already on one), you’ll want to start implementing a lifestyle modification program that can eliminate this condition once and for all. Antibiotics can typically eradicate H. pylori, but there are many other effective strategies that can also work. Ideally, you’d want to try these first, as antibiotics will also kill off the beneficial bacteria in your gut, which can cause other health complications. Besides, H. pylori is growing increasingly resistant to antibiotics, making the availability of non-drug alternatives even more important.

Your First Line of Treatment – Unprocessed Foods and Probiotics

Ultimately, the answer to heartburn and acid indigestion is to restore your natural gastric balance and function. Eating large amounts of processed foods and sugars is a surefire way to exacerbate acid reflux as it will upset the bacterial balance in your stomach and intestine. Instead, you’ll want to eat a lot of vegetables and other high-quality, ideally organic, unprocessed foods. Also, eliminate food triggers from your diet. Common culprits here include caffeine, alcohol, and nicotine products.

Next, you need to make sure you’re getting enough beneficial bacteria from your diet. This will help balance your bowel flora, which can help eliminate H. pylori bacteria naturally without resorting to antibiotics. It will also aid in proper digestion and assimilation of your food. Ideally, you’ll want to get your probiotics from fermented foods. If you aren’t eating fermented foods, you most likely need to supplement with a probiotic on a regular basis. Ideally, you’ll want to include a variety of cultured foods and beverages in your diet, as each food will inoculate your gut with a variety of different microorganisms. Fermented foods you can easily make at home include:

- **Fermented vegetables**
- Chutneys
- Cultured dairy, such as yoghurt, kefir, and sour cream
- Fish, such as mackerel and Swedish gravlax

Addressing Low Acid Production

As mentioned earlier, heartburn is typically a sign of having too little stomach acid. To encourage your body to make sufficient amounts of hydrochloric acid
(stomach acid), you'll also want to make sure you're consuming enough of the raw material on a regular basis.

High-quality sea salt (unprocessed salt), such as Himalayan salt, will not only provide you with the chloride your body needs to make hydrochloric acid, it also contains over 80 trace minerals your body needs to perform optimally, biochemically. Sauerkraut or cabbage juice is also a strong—if not the strongest—stimulant for your body to produce stomach acid. Having a few teaspoons of cabbage juice before eating, or better yet, fermented cabbage juice from sauerkraut, will do wonders to improve your digestion.

Other Safe and Effective Strategies to Eliminate Heartburn and Acid Reflux

Besides addressing your day-to-day diet and optimizing your gut flora, a number of other strategies can also help you get your heartburn under control, sans medications. The following suggestions are drawn from a variety of sources, including Everydayroots.com, which lists 15 different natural remedies for heartburn; as well as research from the University of Maryland School of Medicine, the Beth Israel Deaconess Medical Center, and others.

<table>
<thead>
<tr>
<th>Raw, unfiltered apple cider vinegar</th>
<th>As mentioned earlier, acid reflux typically results from having too little acid in your stomach. You can easily improve the acid content of your stomach by taking one tablespoon of raw unfiltered apple cider vinegar in a large glass of water.</th>
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<td>Betaine</td>
<td>Another option is to take a betaine hydrochloric supplement, which is available in health food stores without prescription. You'll want to take as many as you need to get the slightest burning sensation and then decrease by one capsule. This will help your body to better digest your food, and will also help kill the H. pylori bacteria.</td>
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<td>Baking soda</td>
<td>One-half to one full teaspoon of baking soda (sodium bicarbonate) in an eight-ounce glass of water may ease the burn of acid reflux as it helps neutralize stomach acid. I would not recommend this is a regular solution but it can sure help in an emergency when you are in excruciating pain.</td>
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<td>Aloe juice</td>
<td>The juice of the aloe plant naturally helps reduce inflammation, which may ease symptoms of acid reflux. Drink about 1/2 cup of aloe vera juice before meals. If you want to avoid its laxative effect, look for a brand that has removed the laxative component.</td>
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<td>Ginger root or chamomile tea</td>
<td>Ginger has been found to have a gastroprotective effect by blocking acid and suppressing helicobacter pylori. According to a 2007 study, it's also far superior to lansoprazole for preventing the formation of ulcers, exhibiting six- to eight-fold greater potency over the drug! This is perhaps not all that surprising, considering the fact that ginger root has been traditionally used against gastric disturbances since ancient times. Add two or three slices of fresh ginger root to two cups of hot water. Let steep for about half an hour. Drink about 20 minutes or so before your meal. Before bed, try a cup of chamomile tea.</td>
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<td>Vitamin D</td>
<td>Vitamin D is important for addressing any infectious component. Once your vitamin D levels are optimized, you're also going to optimize your production of about 200 antimicrobial peptides that will help your body eradicate any infection that shouldn't be there. As I've discussed in many previous articles, you can increase your vitamin D levels through appropriate amounts of sun exposure, or through the use of a safe tanning bed. If neither of those are available, you can take an oral vitamin D3 supplement; just remember to also increase your vitamin K2 intake.</td>
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<td>Astaxanthin</td>
<td>This exceptionally potent antioxidant was found to reduce symptoms of acid reflux in patients when compared to a placebo, particularly in those with pronounced <em>helicobacter pylori</em> infection. Best results were obtained at a daily dose of 40 mg.</td>
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<td>Slippery elm</td>
<td>Slippery elm coats and soothes the mouth, throat, stomach, and intestines, and contains antioxidants that can help address inflammatory bowel conditions. It also stimulates nerve endings in your gastrointestinal tract. This helps increase mucus secretion, which protects your gastrointestinal tract against ulcers</td>
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and excess acidity. The University of Maryland Medical Center\textsuperscript{12} makes the following adult dosing recommendations:

- **Tea:** Pour 2 cups boiling water over 4 g (roughly 2 tablespoons) of powdered bark, then steep for 3 - 5 minutes. Drink 3 times per day.
- **Tincture:** 5 mL 3 times per day.
- **Capsules:** 400 - 500 mg 3 - 4 times daily for 4 - 8 weeks. Take with a full glass of water.
- **Lozenges:** follow dosing instructions on label.

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<th>Chinese herbs for the treatment of &quot;Gu&quot; symptoms caused by chronic inflammatory diseases</th>
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So-called "Gu" symptoms include digestive issues associated with inflammation and pathogenic infestation. For more information about classical herbs used in Chinese Medicine for the treatment of such symptoms, please see the article, "Treating Chronic Inflammatory Diseases with Chinese Herbs: 'Gu Syndrome' in Modern Clinical Practice," published by the Pacific College of Oriental Medicine\textsuperscript{13}

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<th>Glutamine</th>
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Research\textsuperscript{14} published in 2009 found that gastrointestinal damage caused by \textit{H. pylori} can be addressed with the amino acid glutamine, found in many foods, including beef, chicken,
You Don’t Need a Drug to Banish Acid Reflux

To recap, the answer to gastric problems like ulcers and acid indigestion is to restore your natural gastric balance and function. Not only is it useful for optimal gut function but it is crucial for your long-term health, as your gut flora can increase your absorption of nutrients, and play a significant role in mental and physical health. It is very clear from reviewing the literature that you can’t be healthy until your gut flora is optimized. That is one of the ways eating sugars harm you—they push your gut flora balance in the wrong direction.

Switching from processed foods to whole foods is therefore step number one. To further optimize your gut health, you’ll want to make sure you’re consuming enough good bacteria from traditionally fermented foods, such as fermented vegetables, or in a probiotic supplement. This will help balance your bowel flora, which can help eliminate Helicobacter bacteria naturally. If you have heartburn, acid reflux, gastroesophageal reflux disease (GERD),
peptic ulcer disease, or any acid-related condition, the strategies listed above may also offer relief.

For even more information, I encourage you to read natural health pioneer Dr. Jonathan Wright’s excellent book *Your Stomach: What is Really Making You Miserable and What to Do About It*. Last but not least, you could even try the Emotional Freedom Technique (EFT). In the video below, EFT practitioner Julie Schiffman demonstrates how to tap for acid reflux.

How I Cured Myself from GERD: Acid Reflux “Disease”

By Rachel Cobb

If you suspect Acid Reflux, I recommend you read these books: [Acid Reflux Relief - Acid Reflux Natural Remedies](#) and [Wheat Belly](#).

How I Cured Myself from GERD

I was diagnosed with acid reflux (also called GERD for Gastro Esophageal Reflux Disease) in 1999. My doctors put me on medication, and then stronger medication, then the strongest medication, then increased my dosage to twice a day. Still it got progressively worse over the course of four years. Finally my doctor told me the only option was surgery or I would ruin my voice, and ultimately, my career as an opera singer. Also, I was afraid of Esophageal Cancer, which can happen with the constant acid wash in the esophagus. My reflux was so bad; I could get it from just drinking water! Believe me, my case was not mild. So, I talked to a few singers who had had the surgery, and did some research. Turns out, the surgery is quite severe. Essentially, the doctor twists the upper stomach around the esophagus and stitches it into place. This keeps your stomach sphincter from opening and washing acid into your esophagus. The effect is like having your stomach stapled. Side effects include diarrhea for a year or more, and surgery failure occurs in 85% of patients within 15 years. You should know that when your stomach is made smaller by surgical means, your body could easily suffer from malnutrition. You have to be very, very careful about what you eat. So, I set out to read everything I could and to find out how I could cure myself naturally. And, the results were really surprising! I found the cause, and I cured myself, and since then (beginning of 2002) I have had no problems. I'll tell you what I found through reading and my own experience. I used these methods to cure myself from all acid reflux symptoms (and keep them away)
and then 2 years ago, my doctor cured me from the root cause, which can be different in each case.

What causes Acid Reflux?

I found that there are many things that can contribute to acid reflux. One is emotional. I believe every physical problem is caused by an emotional one. Stomach acid is sometimes caused by stress, or more accurately, fear. I suffered from this in great detail… Luckily, I cured my reflux way before I tackled most of these fears, but it is something to think about.

Many people find that their acid reflux is simply a symptom of a food allergy or some other problem that causes food not to digest properly. I “cured” my symptoms of acid reflux for 9 years but found later the root of the problem was that I cannot digest gluten. Any stomach problem that inhibits digestion can cause acid reflux because of undigested food. We’ll get to that in a moment.

How did I find out I couldn’t eat gluten? Well, I failed the Celiac Disease test—so I am not a Celiac (Celiacs cannot digest gluten at all). Also my allergy test came back negative for everything. I went to a doctor (an Applied Kenesiologist/Natural Doc) and he diagnosed me quickly, easily, and cheaply. I lost weight I had been unable to lose for years, and am healthier than I have ever been. Acid Reflux is just one problem of many that I am now free of. That’s the thing—acid reflux is a symptom of some other problem. So this paper can tell you ways of controlling acid reflux as a symptom – but you’ll need an alternative doctor to find the cause. You’ll need a doctor who finds causes instead of throwing prescriptions at symptoms, which is unfortunately the American Way. UPDATE: How to find an AAT Allergy removal practitioner: http://allergytx.com/locations.html.

How fast do you eat? Do you sit and enjoy each bite of food? Or do you scarf down your lunch in front of your computer while working, or while driving somewhere? Some people have completely cured their acid reflux by simply sitting down and concentrating on what they are eating when they are eating it. If you are not doing this, you must begin now.
It Could Be Something Physical

First make sure that the acid reflux is not just a side effect of another condition you may have. Hernias, especially, can cause acid reflux until they are corrected. After the hernia is corrected, the patient is usually cured of the reflux. I’ve also had a hiatal hernia corrected by a chiropractor (my A.K. doc), so they don’t always need surgery. Here is a Youtube video on how to correct it yourself, and here is an article about hiatal hernias.

It could be as simple as a bacteria infection in your stomach called H. Pylori. That is cleared up with antibiotics.

Another condition could be a side symptom of thyroid disorder. Check the web for more information if any kind of thyroid diseases run in your family or if you have a waking temperature under 97.2 degrees consistently, and fatigue.

Also, you could have a problem with Candida albicans, an overgrowth of yeast in your stomach caused by antibiotics, birth control pills, too much sugar/yeast containing foods, pregnancy, or anything else that disrupts your body’s natural flora. There is a test you can do at home to check if you have this (see www.candidasupport.org) which is free and easy. Symptoms include heavy cravings for sugar, carbs, and/or alcohol; white coating on the tongue; and fatigue. In my own life, I have found that heavy Candida overgrowth can appear as all the same symptoms of a thyroid problem. So, test yourself for this first before you take the expensive tests for thyroid diseases. Untreated, Candida can lead to Fibromyalgia, Leaky Gut Syndrome, and finally Chronic Fatigue Syndrome. If so, see a naturopath for relief from this.

Enzymes and Colon Cleansing

What else causes food to be undigested? Overly processed foods are hard to digest (white sugar/flour, unfermented tofu, foods with a lot of chemicals like frozen foods, or foods that don’t agree with you). If you eat a lot of these foods, I would recommend you take a high quality enzyme supplement to help them digest for now. You can get them from your health food store- try to get one that has all the different kinds of enzymes (different enzymes break down different foods). And work towards eating a healthier diet of natural foods – naturally raised organic meat, vegetables, and fruits without chemicals and preservatives will make a world of difference in your life.

Most importantly, clean out what is stuck in your colon now. This step is what completely eradicated my acid reflux until I found the root cause. Do yourself a favor and do a high quality colon cleanse (I strongly believe
everyone should do this). I only recommend Dr. Schultze's products (1.800.Herb Doc). His colon cleanse is a two part series (Intestinal Formula #1 and #2). This insures that when your body releases its toxins, it doesn’t get held up in a constipated colon and cause nausea, with very little success. His products are amazing, and inexpensive. You can call for a free brochure. I’d recommend that during the colon cleanse, you abstain from alcohol, sugar, and possibly dairy (see how that goes). This will help the cleansing product work it’s best (so you don’t have to repeat it!). When you order these products, make sure you ask for the catalog or anything that has all the steps and instructions. The instructions on the bottles are not complete. I don’t believe in most of the things Dr. Schultze believes in but his products are the highest quality herbs I have found. I’d recommend you order 2 bottles of Intestinal Formula #1, and 2 bottles of the Formula #2 in powder form (the pills are really hard to take, but the powder is tasteless). Also you need to take these in LIVE juice, not pasteurized. So, you’ll need to buy/borrow a juicer.

HCl

Try taking an enzyme with Hydrochloric Acid (HCl). Many times the problem is actually that you don’t have enough acid in your stomach to break down your food (works like enzymes) especially if you are a vegetarian or vegan. So to test for this, do the following.

Buy some HCl tablets from the health food store (or betaine hydrochloride) plus enzymes. Take half a tablet before the last mouthful of a main meal. Burning or indigestion means you have plenty of hydrochloric acid. Don’t take any more tablets. Use antacid or teaspoonful of bicarbonate to relieve discomfort. If no burning or indigestion, next day take 1 tablet in the same way. If still no burning or indigestion, next day take 2 tablets in the same way. If still no burning or indigestion, then you need more acid. So if you need more acid, then you take 2 betaine hydrochloric acid tablets with main meals and 1 tablet with small meals.

How Prescription Medications Make GERD Worse

Here is something very interesting that I learned. Remember how I told you my story and how it got worse each year, so I had to take stronger and
stronger medications?  Well, it turns out that the prescriptions were making it worse.  The prescription works by stopping the hydrochloric acid from being released in your stomach.  Maybe this sounds like a good idea if you are trying to stop the acid from splashing in your esophagus, but it’s not.  The hydrochloric acid is being released in your stomach for a reason.  Your body needs it to break down proteins in your stomach.  Without it, you will have even more undigested food rotting in your stomach, and eventually your colon.  So, it starts all over again.  Also, your GERD could be caused from too little HCl in the first place, as you have already read.

After I did Dr. Schultze’s colon cleanse, I was able to get off my prescription for the first time in four years. I was able to gradually get off (cutting down my dosage slowly to nothing), and I improved more and more as time went on.

Solutions For The Interim

Of course, I did do a few other things to help stop the acid when it’s already there (like maybe now as you are reading this).  Get some high quality peppermint oil, mix a few drops with water, and drink it, it should neutralize the acid.  Drinking organic raw apple cider vinegar - 1 tablespoon with a glass of water- will neutralize the acid in your stomach as well.  Also, there is a product at the health food store called Herbal Melange.  It’s scary looking but has no taste, and works well to help heal your stomach.  You can also buy Aloe Vera juice for ingesting (not the same as topical) from the health food store, but just take a little shot of it a few times a day, not too much!  Can have undesirable side effects… which can be counteracted with applesauce.

Stevia (natural replacement for sugar) helps digestion as well.

Virgin Coconut Oil is an excellent digestive aid (more on that in the next paragraph), 1 tablespoon for each 50 lbs of your weight (1 tablespoon = 3 teaspoons) a day.  Juicing fresh vegetables and fruit can also make such a difference that you will feel immediately.  More on that later… If you have reflux away from home and can’t get to anything… you can drink some lemon juice in water.

Coffee, Alcohol, Juice, and Sodas

I gave up coffee, alcohol, and all bubbly products until my stomach was healed, and then I had them again.  It’s only temporary.  However, when I started drinking coffee again, I drank less.
"Acid" Foods

I gave up cooked tomato products for a while. Believe me, not easy - especially with my Italian background. Now, I can eat them without problem. Please know that tomatoes, oranges, and other "acid fruits" are actually alkaline (non acid forming) while they are raw. Once cooked, or pasteurized, they are acidic. But, if your stomach is in severe condition, I would suggest laying off these foods (even raw) for a month or two, until your stomach is healed, then you can resume them. But contrary to what my doctors told me, natural raw foods are always alkaline. Cooked foods are acid forming. Remember that. So, fresh squeezed orange juice will be alkaline. Pasteurized orange juice (pasteurization is a heating process, WAY over 118 degrees- which kills all enzymes) is acid forming. Pasteurized dairy products are too. (See www.realmilk.com for more info.) I only drink raw milk, and love the healthy raw cheeses, cream, and yogurts that are coming available more and more. If you are allergic to cow’s milk, you can also find raw goat’s milk, an excellent source of nutrition (and great for asthma sufferers), on this site.

A note about tomatoes: Grocery store tomatoes are acidic because they are picked before they are ripe, then gassed to make them turn red. But if you try organic vine-ripened tomatoes (when your stomach is a bit better), and eat them raw, you will find that they are alkaline.

Alternative Healing

You can also visit a qualified Acupuncturist or Energy Worker. This will help ease the symptoms of acid reflux. Also Rolfing is amazing for singers. It's a little expensive but amazing body work! www.rolf.org for more info. Applied Kinesiology doctors can really cure you of anything. I had one reverse a hernia I had once and also help me get my thyroid working and lose weight (which was impossible for me for many years). Even Bikram Yoga can heal you from the inside out and is great for digestion.

Acid Reflux and TMJ

Have you ever wondered why so many opera singers suffer from Acid Reflux Disease? Well, I believe it is because many singers also have TMJ. There is a link between them. There is an acupressure point in between the jaw joint (way in there), which causes stomach problems, and specifically acid reflux. So please see an alternative healer, massage therapist, or even massage the joint.
yourself if you have TMJ. When your TMJ acts up, then your stomach will correspond, so please have your TMJ treated. See a Rolfer, an Acupuncturist, a Chiropractor, an Energy Worker, or Massage Therapist to help you with your TMJ problems. TMJ is often a symptom of parasites, by the way.

Maintenance

Curing yourself of anything is an amazing thing. But remember that if you go back to your old habits, it could come back. Also, just eating an American diet can cause it to come back, so maintenance is important. I recommend that you keep on the lookout for classic symptoms. The most classic symptoms are:

*A gag reflex in the back of your throat (this is the biggest one. You will find it disappears when your reflux is truly gone).

• Finding yourself clearing your throat often. Acid reflux can make you feel like there is phlegm on your vocal cords that you just can’t clear off. Believe me, I’ve had allergies in the past. If you can’t clear it off, it’s acid reflux. If you find yourself doing it constantly, it’s acid reflux.

*Any burping is related to acid. Any.

*Heartburn

*Taste of vomit in the back of the throat

*Hoarseness not related to any virus, illness, or thyroid disorder.

To keep maintenance (if you haven’t found the root cause such as grain/gluten intolerance), you should do a colon cleanse once or twice a year. You will need to do it more often if you eat pasteurized dairy, tofu, refined sugars, and refined flours. If you have the symptoms above, then it’s time to do it again. A quick note on soy: tofu is a highly processed food, and soy in general is not a natural food source for humans. (Fermented is ok.)

Also, keep up with your enzymes, probiotics, and juicing. These are things to do forever!

I also recommend you see a natural doctor, a Naturopath. All these things could be a side effect of pancreas/liver/insulin dysfunction, which is not that difficult to fix naturally, with herbs.

UPDATE 11/2013:

Most questions asked me are what were my symptoms (they are listed in this article), people ask why they have reflux and my answer is always: go see one of these doctors from Ulan school (link above), check to see if you have any
kind of hernia, especially hiatal, and/or do a food intolerance check- find one online.

The more I help people with reflux, the more I am convinced it is all just a symptom of a food intolerance OR hiatal hernia. Try eliminating gluten, that is a very common one. Try eliminating GMO foods. Try dairy, soy, eggs... see if you don’t feel better. There are lots of recipes on this site and sites I link to from the home page, as well. My problem was gluten intolerance and insulin resistance (sugar problem). Hiatal hernias can be fixed by one of these chiropractor natural docs! Easily! You can easily get a hiatal hernia from too much coughing when sick, from being overweight or pregnant, from not eating enough essential fats in your diet... from being a singer!... many ways, it is common.

Please only contact me if there is NO Ulan school physician near you, and there is no doctor listed on icak.com near you either. I am not a doctor, and cannot diagnose you. Everything I remember about having reflux is listed here. Thanks so much! Please read this page and this book below thoroughly!!