

ACID REFLUX

Acid Reflux, also known as gastroesophageal reflux disease (GERD) is a disorder of the esophagus that causes frequent symptoms of heartburn. It often is caused by general body acidosis that usually can be corrected with diet. The esophagus is the tube connecting the mouth to the stomach. GERD occurs when a muscular ring called the lower esophageal sphincture (LES) is weakened, which permits irritant stomach content to pass up into the esophagus, resulting in heartburn. Sometimes regurgitation of acid and food can occur as high as the mouth. Chronic irritation of the esophagus by stomach acid can eventually cause ulceration and scarring and might lead to cancer of the esophagus, especially in people who smoke and/ or consume large amounts of alcohol. Supplementing with betaine HCL (a compound from beet leaves that contain hydrochloric acid) often relieves the symptoms of heartburn and improves digestion, at least in people who have hypochlorhydria (low stomach acid). The amount of betaine HCL used varies with the size of the meal and the amount of protein ingested. Typical amounts recommended by doctors range from 600-2,400 mg per meal. The use of betaine HCL should be monitored by a healthcare practitioner and should be considered only for indigestion sufferers who have been diagnosed with hypochlorhydria. It and other digestive problems can be diagnosed with the radio telemetry system, first developed for NASA and now used by nutritional physicians.

Dr. Richard Brouse recommends the following for GERDS

Optiflora- Pre and Probiotics system

EZ-Gest

Alfalfa Complex

CarotoMax

FlavoMax

OmegaGuard

Stomach Soothing Complex

Sustained Released Vita-C

Vita-Lea

Zinc Complex

Following testimonies are from Vitabook files

Acid Reflux & Heartburn – Eileen “Problems for 10 Years”

I have had digestive problems for at least 10 years and took Zantac every day. Since using Shaklee EZ-Gest and Optiflora, I haven't had any digestive problems.

Eileen Stambaugh

Acid Reflux – Faith C. “Optiflora Helped”

I have used Shaklee products for many years and have enjoyed good health. However, lately I have had some digestive problems. My doctor diagnosed it as acid reflux. He gave me a prescription that cost \$129.00; I showed it to my daughter-in-law who is a surgical nurse. She said that since acid reflux was a digestive problem, that maybe Shaklee Optiflora would help. I decided to take her advice. I have had wonderful results. It's been over a year now and I don't have any problem at all. I take it every morning and eat no spicy foods after late afternoon.

Faith Cote

Acid Reflux – Lori Q. “Getting Healed”

I have recently had episodes of acid-reflux so badly, that I thought I was having a heart attack. I could not lie down, sit or even walk for about 12 hours. I would sit on the floor hunched over and my chest would still hurt. I would also vomit until I got the dry heaves. Needless to say, this was a horrible experience for me. I had about one episode a week. Then my friend told me to try Optiflora and Stomach Soothing Complex. I started by taking Optiflora three times a day and Stomach Soothing Complex between 3-4 times a day. I also drank about 8 glasses of water a day. I was so scared of having another episode of acid reflux; I wanted to do anything I could to make sure that didn't happen. I now take Optiflora 1 to 2 times a day and Stomach Soothing Complex 1 to 2 times a day. I also take 4 Alfalfa tablets twice a day. I am happy to report that it has been two months since I have had an episode. I know that Shaklee is healing me. I truly believe in the quality of Shaklee products.

Lori Quindt

Following are from Healthy Men, Health Women booklet series 2012

Acid Reflux

I had a BIG problem until I started using Shaklee's Vitalizer, Soy Protein, 3 Alfalfa 3x a day. I use EZGest with each meal and Stomach Soothing Complex as needed. Now, I hardly ever have a problem. When I do, Stomach Soothing handles it quickly. *Marcus Grove*

My wife, Janne, has acid reflux and constantly has to clear her throat after eating certain foods like dairy, soda, orange juice, etc. She has noticed, if she takes 3 Stomach Soothing Complex right after eating one of these foods, it clear it right up! *Jo LoFaro*

Start all programs with Vita-Lea, Soy Protein, and Optiflora (Or Vitalizer & Optiflora

Optiflora increases good bacteria

Stomach Soothing, has peppermint, ginger, fennel, and anise which are beneficial

OsteoMatrix helps calm stomach acid,

Alfalfa possesses three classes of enzymes for proteins, fats and carbs to aid digestive disorders and EZ-Gest digestive enzymes

Drink 6 oz of Best Water every morning on a empty stomach

Heidi Carlstedt