

9 Acid Reflux Antidotes

What to do for excess and deficient HCL

Good digestion includes a feeling of increased energy, regular elimination, and overall health and strength. Healthy digestion includes adequate levels of stomach acids and digestive enzymes, providing good nutrient assimilation. When these are faulty, we may experience direct symptoms, but not be aware that these dysfunctions are contributing to many other health problems. Direct symptoms of excess stomach acid, especially hydrochloric acid (HCL) may be inclusive of heartburn, sour stomach, or overall stomach upset, acid reflux, nausea, and abdominal pain.

Unfortunately, in today's world of high stress, fast and processed foods, over-use of table salt, antibiotics, prescription and over the counter drug side effects, many people have either an excess or deficient supply of HCL. The use of poor quality fats and oils, foods with too little enzymes, cola and energy drinks (and other sodas), and daily aspirin also contribute to extreme acidity in the mouth, gastrointestinal tract, esophagus (GERD), and stomach. Mild to severe pain result from these conditions, and can be accompanied by canker sores in the mouth, swollen taste buds on the tongue, bloating, and ulcers.

The first place to start reversing any of these acidic states is in what is consumed; eating fresh, raw fruits and vegetables from the Peak



By Morning: Spirit: Wolf-D.R.M.

Frequency® Food list, using Real Salt (brand) with meals, eliminating sodas (especially diet) and energy drinks, and drinking 7-8 glasses of spring, glacier or volcanic water daily. Below are some suggestions that can be added to start immediate reduction of G.I. acid, burning, bloating, and the pain of ulcerations.

Resources needed:

1. Baking soda
2. Real Salt, from Redmond Utah (salt mined from ancient sea beds)
3. Cayenne pepper capsules (30-40,000 heat units)
4. Centaury capsules, extract, or tea
5. Stomach Acid
6. Tornado Tonic
7. Digestive Enzymes
8. Probiotic Microbes
9. B-Complex vitamins

1. Use **baking soda** after meals: ½ teaspoon in 1 cup of water, as often as necessary. It's a pure alkalizing agent and pH balances on contact, but does not have long lasting effects. Lemon juice can also be used to pH balance – which may also mean too little HCL (see below) - 1 tbsp juice in 1 cup water - its acidic in the mouth and esophagus, but in the stomach it helps balance



hydrochloric acid and becomes an alkalizing agent thereafter.

2. **Real Salt** in the mornings on an empty stomach; take 1/4 teaspoon dissolved in 1 cup room temperature water, 10-15 minutes before eating. Real Salt is a pure land based mineral and organic sodium chloride source which balances acidic conditions in the stomach, and helps kidneys pH and electrolyte balance the blood fluids, reducing high blood pressure. This therapy can be continued for 2-4 weeks as needed.



3. **Cayenne**, especially good for ulcers, can be taken before meals in the amount of one to two capsules (depending on length and degree of ulcer and/or acid reflux; more cayenne if necessary) of 30 - 40,000 heat units of cayenne pepper, making sure to put food on top of capsules, which may burn coming out for the first time or two. Cayenne purifies blood, repairs damage to digestive tissues, and aids liver and pancreatic function for less acidity overall. This therapy can be continued for 2-6 weeks as needed.



4. **Centaury** is a European herb with many medicinal properties, but is specifically effective at repairing damage to stomach, small intestines, colon, and appendix. Centaury can be taken in capsule, tea or extract form to repair damage and correct gastrointestinal imbalance. In capsules 3 with breakfast and 3 with dinner is suggested; in tincture or extract 15 drops with breakfast and 15 drops with dinner is suggested, and in tea form 2 cups with



breakfast and two cups with dinner is suggested. This therapy can be continued for 3-6 weeks as needed.

5. **Stomach Acid**, Eradicating Formula can be used in cases where mental or emotional stress, nutrient depletion, rancid fats, dehydration, or excess acidity has caused gripping abdominal pain, acid reflux, esophageal or heart burn, and/or nausea. Stomach Acidity Formula may eradicate above symptoms with suggested use of 10-20 drops in water, every 15 minutes for 1 hour, then reduce to 20 drops 2 times daily, while working to diminish causal source. In extreme cases, may be accompanied by Real Salt or baking soda water (above).



6. **Torando Tonic**, used after meals and/or before bedtime, is an oddly spicy solution to GERD, acid reflux, heart burn, and other stomach maladies, bringing immediate benefit to pain, bloating, and acidity. Depending on severity use 20 drops to 1 tbsp. in 1/2 - 1 cup of water 3-4 times daily on an empty stomach for 2-3 weeks.



7. **Digestive Enzymes** are most effective when plant derived that may provide better uptake of nutrition, less stress, more energy, easier digestion with less acidity, better performance, and improved immunity. High quality Enzymes may reduce headaches, stomach aches, bloating, gas, burping, diarrhea, acne, constipation, and inflammation, and enhance mental clarity, flexibility, and metabolism, assisting in weight loss and muscle increase. Enzymes are proportional to life force energy, thus able to increase all life support channels.



8. Probiotic microbe

supplements need to contain multiple potent strains of probiotics to be truly effective. A minimum of 15 billion up to 100 billion microbes per capsule are needed to re-establish intestinal flora and fauna that may eliminate gas, bloating, acid reflux, constipation, Candida, acne, rashes, and chronic bacterial or viral infection. Pro-Flora offers sources that may increase nutrient absorption and elimination, improve bladder and colon health, promote healthy skin, support immunity, and encourage weight loss.



9. B-Complex vitamins

enhance energy and metabolism as they combat everyday stress, boost immunity, reduce acidity, control food cravings, prevent nervousness and anxiety, improve sleep, boost digestion, reduce aging, correct depression, balance hormones, and boost immunity. Suggested use: 1 tsp. – 1 tbsp. with meals.



How HCL Affects Your Health

Hydrochloric acid excess or deficiency (lack of adequate HCL) can have many consequences and has been associated with the following:

- Malnutrition – reduction of absorption of nutrients from foods
- Iron deficiency anemia, owing to poor iron absorption
- Osteoporosis, resulting in part from decreased calcium absorption
- Periodontal disease – receding gums
- General allergies and food allergies
- Leaky gut syndrome
- B12 deficiency

- Gallstone risk – more than half the people with gallstones show decreased HCL secretion compared with gallstone-free patients
- Diabetes – elevated blood sugar
- Impaired tissue repair
- Skin problems – eczema, psoriasis, seborrheic dermatitis, vitiligo
- Increased number of bacteria, yeasts, and parasites growing in the intestines
- Lowered pancreatic secretion – which contains the majority of enzymes that actively break down foods, which then further contributes to poor assimilation and nutritional problems
- Heartburn and acid reflux (commonly thought to be due to too much stomach acid and if there isn't enough stomach acid the valve that closes the end of the esophagus at the stomach won't close properly)
- Ulcer formation – lack of protection from infectious agents such as H. Pylori
- Rapid aging – HCL is necessary for restoring cellular methylation reserves
- Fermentation and putrefaction
- Reduced liver function
- Reduced oxidation of lactic acid
- Reduced white blood cell activity
- Retention of carbon dioxide
- Bloating, belching, and flatulence immediately after meals
- Indigestion – heavy feeling in the stomach
- Candida
- Upset stomach
- Nausea

Home Tests to Determine HCL Levels

There are home tests you can do to determine if you have sufficient HCL. If you already know that you have an ulcer, **stop here** and do not do any of the following tests. If you have a stomachache, try the lemon juice test first. If you do not have a stomachache, or if your pain does not increase after the lemon juice test, then try the Betaine HCL test.

LEMON JUICE TEST

- When you have stomach pain, take a tablespoon of lemon juice. If this makes the pain leave, you may have too little stomach acid. If it makes your symptoms worse, then you may have too much stomach acid.
- Do you crave sour foods, such as citrus and sauerkraut? Do you like grapefruit juice? If you do, and they set well on your stomach, then you *may* have too little HCL. If you do not like acid foods, then you *may* have too much HCL.



If your pain increased after the lemon juice test above, **do not** do the HCL test below. You could have an ulcer or too much stomach acid. Never take the following test if you have an ulcer.

BETAINE HCL TEST

- Take one capsule of Betaine HCL before the last mouthful of a main meal (a complex meal that contains protein and fat, not with a simple meal of mostly carbohydrates, such as salad, soup, or fruit).
- Burning or indigestion after taking one capsule means you have plenty of HCL or you have a stomach ulcer – see note below. Don't take any more.

Note: If you have a peptic ulcer, do not supplement with Betaine HCL or a digestive enzyme with pepsin or protease. You need to heal the ulcer first by using Centaury and B-complex vitamins, and rebuilding the mucosal barrier of the stomach with Gotu Kola and Marigold. After the ulcer is cleared up, then consider using the Betaine HCL to enhance digestion.