

Acid & Indigestion

Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

www.harmony4health.com

www.facebook.com/harmony4health

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 stress, 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 too soon 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 with drinks, instead of chewing. The liquid dilutes the digestive process and increases volume in the stomach resulting in increased belching, as well as heartburn. Antacids give short term benefits, but slow digestion, thus can cause bloating, reduce absorption of nutrients, and increase irritable bowel.

Evaluate stress levels & utilize supplements or techniques to reduce internalization of stress.

Remember to avoid eating within 3 or more hours prior to bedtime, so you go to bed with an emptied, relaxed stomach.

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 them 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 30 mins post meal.
- **Aloe Vera Juice** is helpful for healing damage to the esophagus & stomach due to excess acid.
- **Catnip & Fennel** helps to ease intestinal gas & bloating. Very good for infants & children.
- **Papaya Mint** contains the enzyme papain, which helps break down proteins. Chew 1-3 tablets with each meal to aid in digestion or as needed for indigestion.
- **Apple Cider Vinegar** mix 1-2 teaspoons with water, before or after meals helps reduce acid reflux symptoms in many people; if esophageal erosion, this may make you feel worse and should be avoided.
- **Herbal teas** (chamomile, licorice, and ginger) may help manage acid reflux symptoms. Remember to opt for unsweetened and noncarbonated drinks.

Important: This 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 treatment.



Building Better Health Naturally