



healthcare for the whole family

Reflux Relief

Q: I have suffered from acid reflux for more than 2 years. Are there any alternatives to antacids?

A: RELIEF FROM REFLUX MAY BE EASIER THAN YOU THINK!!! This may seem surprising but many times heart burn is due to a lack of stomach acid, rather than too much. Antacids may provide temporary relief to an irritated digestive tract, but to correct the underlying cause usually more acid may be needed. Let's think about this for a moment. How do stomachs work? While digesting your meals, the stomach makes an extremely powerful acid known as hydrochloric acid. The hydrochloric acid that healthy stomachs make is able to turn tough, stringy pieces of meat into soup after digestion. **THIS IS NORMAL!** When there is less acid in the stomach the stomach has to work harder to break down food. This can lead to an upset stomach and reflux. As we age, if we start to develop indigestion, it's highly likely that it is due to a weaker stomach, not a stronger one, a stomach making less acid. The very word "indigestion" implies lack of digestion, not over-digestion. Maybe it's time to fix our acid problem with acid. This is something that we see a lot in our practice and usually with some simple changes can get great results.