



Knowledge is
your secret
weapon to good
health.

GUT HEALTH

Heartburn/Acid Reflux

Heartburn/acid reflux is no fun to deal with, especially on a chronic basis. Frequently thought to be caused by too much stomach acid, low stomach acid is actually the main cause of acid reflux. Stomach acid has many important functions including mineral absorption, protein breakdown, protecting against pathogenic infection and candida overgrowth, triggers movement of the intestines and release of bile, and decreases risk of food sensitivities from undigested food particles. Common symptoms and disorders caused by low stomach acid are bloating, belching and flatulence after meals, heartburn/acid reflux, indigestion, diarrhea and/or constipation, acne, excess mucous, candida overgrowth, food allergies, chronic fatigue, adrenal fatigue, mineral deficiencies, dry skin, weak nails.

Contributing Factors

Overuse of over-the-counter antacids, chronic stress, a poor diet (processed foods, refined sugar and grains, trans fats, chemicals, low fibre), eating too quickly, overuse of antibiotics and/or painkillers, food sensitivities, overeating, obesity, late night eating, alcohol, caffeine, smoking, spicy food, fatty/fried food, high sugar intake, dehydration

Acid Self Test

- While it is more common for heartburn to arise from low stomach acid, it still can occur from high stomach acid as well. There is a simple self test to see if your acid level is low or high:
 - o Take 1 teaspoon of apple cider vinegar mixed with water on an empty stomach
 - o Immediate strong burning pain = HIGH stomach acid
 - o Mild warming sensation = GOOD/NORMAL stomach acid
 - o No pain/sensation = LOW stomach acid
 - o If you have heartburn at the time of the test, LOW stomach acid is indicated if your symptoms improve after taking the apple cider vinegar. HIGH stomach acid is indicated if it makes symptoms worse.
 - o Have a glass of water (250ml) mixed with 1 tsp. baking soda on hand in order to neutralize burning in the esophagus if test results are HIGH.

Product/Lifestyle Recommendations

- For LOW acid: Digestive Enzymes (low acid contributes to enzyme deficiency) with Betaine HCl
- For HIGH acid: Calcium/Magnesium Carbonate/Citrate, Sodium bicarbonate, Activated Charcoal, Marshmallow, Chamomile, Aloe, Licorice/DGL, Slippery Elm, Alfalfa, Spirulina, Greens Powders in general
- Stimulate digestion and support proper food breakdown (for HIGH or LOW acid) with bitter herbs such as: Dandelion, Blessed Thistle, Gentian, Artichoke, Fennel, Caraway, Ginger
- Support and regenerate the esophageal and intestinal lining: Probiotics, L'Glutamine, Zinc L-Carnosine, C-NAG
- Support good overall digestion, detoxification and elimination: Fibre, Omega Fatty Acids
- Focus on organic whole foods and practice proper food combining. Eat fruit on its own and avoid high protein, high starch foods together. If acid is HIGH, ensure to eat a diet higher in alkaline foods.
- Chew food well, eat slowly in a relaxed environment, and do not drink while eating (it dilutes digestive juices!)

Book a free 15 minute consult with a GNN Product Advisor!

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