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The Truth about Antacids

Preserving and Nurturing
Our Vital
Stomach Acid
Part Three

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How can we heal our intestinal tracts and feel great without taking antacids? The number of steps varies for each person, but it all starts with the diet.

Eliminating dairy products, even organic dairy products, is the single most beneficial dietary change you can make to solve gastro complaints and improve overall health.

Usually people get a panicked look on their faces when I mention giving up dairy. But once they wean themselves and, for example, use rice milk in their morning decaf instead of Half- &-Half, they start to feel a lot better.

Dairy—The Sip that Sickens

Dairy products, with the exception of organic butter, cause a huge disruption of the human digestive system. According to a Harvard University study, that initial teaspoon of cow's milk forever changes the protein lining of the stomach. Most food and environmental allergies start because of the ingestion of dairy products. This is one reason the American Academy of Pediatrics recently recommended that parents don't give dairy to children under two years of age.

By eliminating dairy products, the body will usually forget that it is allergic to other allergens such as wheat and corn. So, you may not also have to give up these or other foods that trigger food allergies.

The casein, whey, and lactose (the "white stuff") in dairy products severely irritate the lining of the GI tract causing common GI disorders and mucous formation throughout the body. This inflammation of the GI tract is the number one cause of Gastro Esophageal Reflux Disease (GERD), acid reflux, heartburn, Crohn's disease, ulcers, ulcerative colitis, irritable bowel syndrome, Celiac spru, bloating and constipation alternating with diarrhea.

Dairy consumption is also the primary cause of hypertension, cardiovascular disease, elevated cholesterol (not because of fat—because of the "white stuff"), rheumatoid arthritis, lupus, Sjögren's syndrome, fibromyalgia, chronic fatigue, asthma, Crohn's disease, psoriasis, allergies, eczema, osteoarthritis and tendonitis.

For more information on dairy products and how they change our physiology log onto www.milksucks.com and www.notmilk.com.

Feeding Your Health

You can also solve many GI problems by altering how and what you eat. Here are some tips:

- Eat four to six servings each of fruits and vegetables a day. Remember, organic foods contain more nutrients to feed and repair your gut than conventional foods. Whole foods help repair your GI tract. Fruit is best eaten by itself and early in the day.
- Reduce your intake of animal proteins to four servings a week.
- Avoid refined sugars and processed foods.
- Eliminate foods that contain Nitrites and

Nitrosamines, such as ham, bologna, bacon, pastrami and other artificially cured meats.

- Solve many gastric problems by learning the basics of food combining.

For example, we can't fully digest the combination of animal protein and complex carbohydrates. When we eat foods that are incompatible, we don't get the proper nutrients and we lose energy.

The book *Fit for Life* by Harvey and Marilyn Diamond (Warner Books Edition, 1985) is a great resource for helping you combine foods in a digestion-friendly way.

Drinking Patterns

Become an aquaholic. Water is important because it hydrates the entire GI tract, softening stool, encouraging peristalsis, preventing constipation and carrying away toxins. Drink eight glasses of room temperature purified water throughout the day, but don't drink right before you eat. Too much water dilutes digestive enzymes and juices, impairing digestion. Drinking icy beverages before you eat can paralyze the lining of your gut, cutting down on acid and enzyme production.

Eliminate carbonated beverages—the sugar and acids in them corrode the intestinal tract. Some carbonated beverages are used to remove bloodstains from highway! Gut damage from aspartame also known as Equal™ or Nutrasweet™ can be extensive. Drinking aspartame in diet soda is like bathing your gut in formaldehyde.

If you drink coffee or tea, choose organic products. For decaffeinated coffee, look for water-processed beans. Enjoy green, white or herbals teas.

Restoring the Natural Flora in the Gut

Few things are as important to the health of the gut and our immune system as the good bacteria indigenous to the digestive tract. Chlorine in water, antibiotics in meat, prescription antibiotics and environmental toxins all take their toll on these “good guys,” creating the perfect habitat for bad bacteria and other organisms.

Probiotics are supplements that contain live, good bacteria that help balance and maintain a healthy intestinal tract. Probiotics also helps relieve gastro symptoms and restore the intestinal lining.

Always take probiotics following a round of antibiotics to bring your system back into balance. Ideally, try to use natural alternatives to antibiotic therapy, as these do not disturb the normal good bacteria.

Look for probiotics that guarantee at least seven billion bacteria at the time of sale. Otherwise, they may be ineffective. Orthobiotic™ and Bioflora™ are examples of guaranteed potency. Your probiotic product should contain several species of bacteria.

Start by taking two or three capsules twice a day for the first month. Then, you can continue taking one probiotic twice a day, to maintain gut health.

Adding Digestive Enzymes and Keeping Up the Acid

The aging process along with toxins, poor diets and medication can also reduce motility and digestive secretions. You can use enzymes or a combination of enzymes and betaine hydrochloride to aid the digestive process.

Take 3-8 tablets per meal. Some people take 1-3 digestive enzymes at bedtime to help breakdown foodstuffs. Look for these enzymes and acids in the product you choose:

- Lipase 6,500-9,000 units
- Amylase 16,000-81,250 units
- Protease 41,000-81,250 units
- Cellulase 175-185 units
- Lactase 800-1,400 units
- Betaine HCL 240mg-310mg
- Glutamic Acid 240mg-310mg

Keeping the Change

Changing the diet and adding digestive enzymes are often all we need to undo years of damage. However, some people need more therapeutic measures.

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