



COMPOUNDING WITHOUT  
COMPROMISE SINCE 1962

PART THREE

# THE TRUTH ABOUT ANTACIDS

*Preserving and Nurturing Our  
Vital Stomach Acid*

Lisa Everett Andersen Clinical Pharmacist, Clinical Nutritionist • Reprinted from Kansas City Wellness Magazine\*

**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 oat milk in their morning coffee 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 Pediatricians 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, enabling you to eat these and other foods that before had triggered 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, whether it is in the form of cheese, yogurt, ice cream, milk, or any other, 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.notmilk.com](http://www.notmilk.com), [nutritionfacts.org](http://nutritionfacts.org), and [www.forksoverknives.com](http://www.forksoverknives.com)

## **Feeding Your Health**

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

- Eat 4–6 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 or eliminate your intake of meat, poultry, fish, and eggs. The microbiome of people who eat animal foods are entirely different than those who eat a vegan diet. The intestinal tracts of meat eaters produce inflammatory peptides, such as trimethylamine N-oxide (TMAO), which inflames the arterial and gut linings, kidneys, and more.
- 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.

## Drinking Patterns

Become an aqua-holic. 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 consume liquids heavily right before you eat. Too much water dilutes digestive enzymes and juices, impairing digestion. Drinking icy beverages before you eat can stun the lining of your gut, cutting down on acid and enzyme production, as well as peristalsis.

Eliminate carbonated beverages—the sugar and acids in them corrode the intestinal tract. Some carbonated beverages are used to remove bloodstains from highways! 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 organic 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 the good bacteria of the microbiome. There are probiotic supplements that help balance and maintain a healthy intestinal tract. Probiotics also helps relieve gastro symptoms and restore the intestinal lining. Ideally, try to use natural alternatives to antibiotic therapy, as these do not disturb the normal good bacteria, but when that is not possible, always take probiotics following a round of antibiotics to bring your system back into balance. If we are eating and drinking properly (no meat, no dairy, purified water), there is no need to continuously take a probiotic for maintenance. Doing so can create an uncomfortable build-up of the bacteria outside of the colon and in the stomach and small intestines, called SIBO.

Look for probiotics that guarantee at least 20 billion bacteria at the time of sale. Otherwise, they may be ineffective. Orthobiotic™ and Probiotic 225™ are examples of guaranteed potency. Your probiotic product should contain several species of bacteria.

After a round of Cipro®, it can take 10 weeks of 56 billion units of probiotics a day to reinoculate the gut just 80%. So in the case of Orthobiotic™, taking 3 capsules per day for 2- 3 weeks should put the colon well on its way to being fully staffed with friendly bacteria. If you are taking Probiotic 225™, use one packet of powder in water and drink once a week for 2-3 weeks. Unless a person has had their appendix removed, it should not be necessary to continuously take a probiotic. However, if the appendix has been removed, 20 billion units of probiotics 3 times a week will maintain the gut flora.

## 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 hydro-chloride to aid the digestive process. An example of balanced, therapeutic enzymes is a product called Digest™ by Perfect Balance.

Take 1-3 tablets/capsules per meal. Some people take 1-3 digestive enzymes at bedtime to help breakdown foodstuffs. Digest™ contains the following ingredients and doses per capsule, so I recommend looking for the same in the enzyme product you choose.

- Protease I, II, III & DDP-IV 72,000 HUT
- Cellulase 17,000 CU
- Amylase 15,000 DU
- Lipase 7,000 FIP
- Hemicellulose 4,000 HCU
- Xylanase 1,000 XU
- Lactase 900 ALU
- Invertase 700 SU
- Diastase 600 DP
- Alpha Galactosidase 200 GalU
- Phytase 50 FTU
- Pectinase 50 PGU
- Glucoamylase 50 AGU
- Beta Glucanase 75 BGU



The activities of enzymes and acids are enhanced by including the presence of these fruits in their formulations due to their healing and digestive properties:

- Amalki Fruit
- Bibhitaki Fruit
- Haritaki Fruit

### **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.

For more information about food combining and maintaining a healthy gut, the books *Fit for Life* by Harvey and Marilyn Diamond (Warner Books Edition, 1985), *Skinny Bitch* by Rory freedman and Kim Barnouin, and my book *Learning to Thrive in a Toxic World and the Impact of Clinical Endocrinology and BHRT* are great resources.

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Lisa Everett Andersen is a clinical pharmacist, board-certified clinical nutritionist and co-owner of O'Brien Pharmacy and the Kansas City Holistic Centre in Mission, Kansas. She can be reached at 913-322-0001.

For more information visit [www.obrienrx.com](http://www.obrienrx.com).

