



# CALM

## Gastroesophageal Reflux Disease (GERD) Heartburn • Acid Indigestion

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**Heartburn:** A burning feeling rising from the stomach or lower chest up towards the neck. Is usually worse after eating or late in the day.

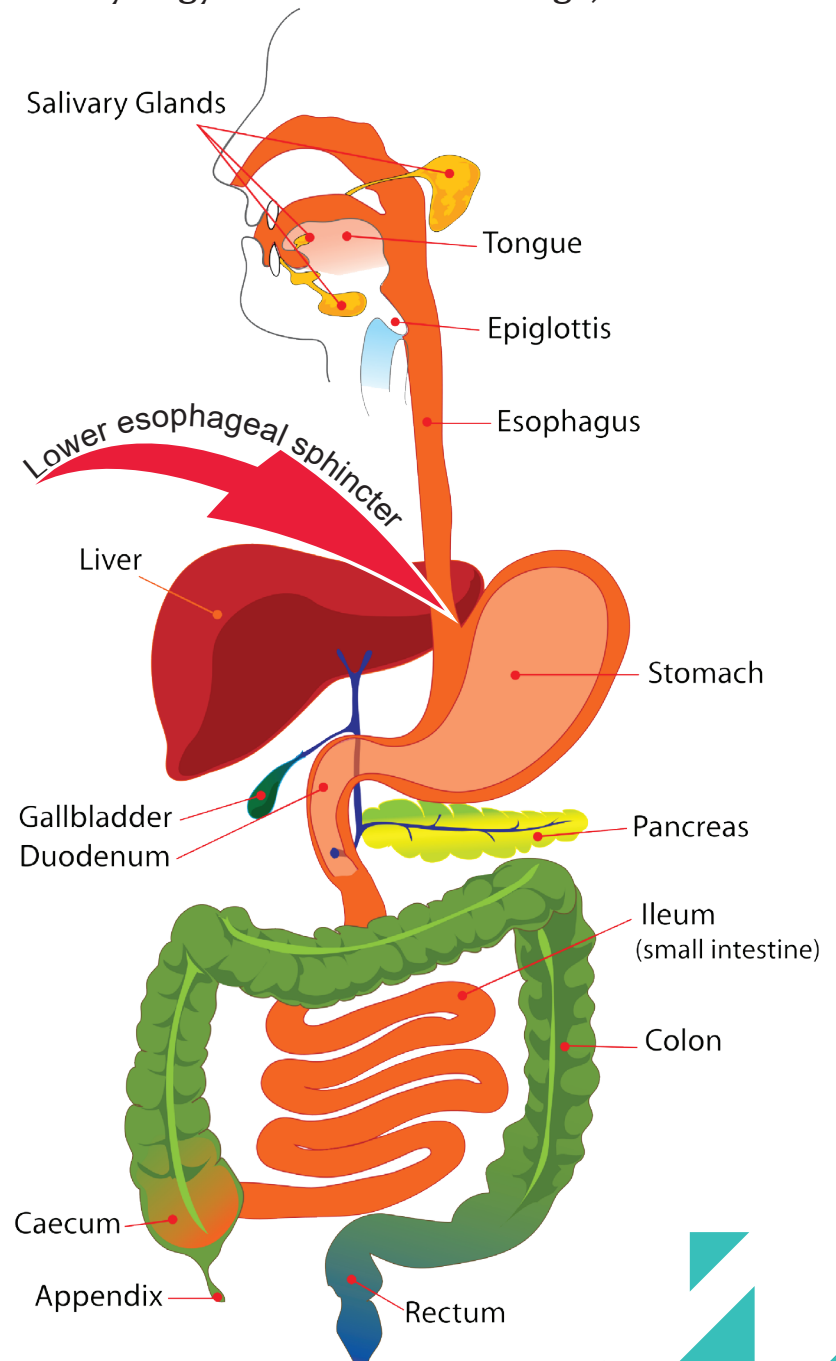
**GERD:** Regurgitation of the stomach contents upwards into the esophagus.

**Other symptoms:** Chronic cough, halitosis, dental cavities, laryngitis.

**Caused by:** the ring of muscle at the bottom of your esophagus, called the lower esophageal sphincter, is not closing properly or is opening too easily. Stomach contents regurgitate.

### Why does that happen?

- » Eating too quickly: Insufficient chewing and salivation slows food movement; saliva creates an alkaline (protects) esophagus.
- » Medications: especially nitrates, calcium channel blockers, bronchodilators, Narcotics like morphine & meperidone, diazepam (valium), barbiturates, tricyclic antidepressants
- » Food is staying in the stomach too long
- » Meals are too big... or too fatty
- » Drinking too many fluids with meals
- » Eating too close to bedtime
- » Food allergies / hypersensitivities
- » Mid-back spine and nerve mis-alignment
- » Possibly a hiatal hernia
- » Oxidative stress (high toxicity)
- » Smoking
- » Overweight/Pregnancy (puts pressure on the esophageal sphincter)



# Eat Right, Ease Heartburn

## Risks of taking antacids:

- » Parasites and dysbiosis: Taking antacids reduces the ability of your stomach to kill pathogens.
- » Antacids increase risk of SIBO (Small intestinal Bacterial Overgrowth)
- » Osteoporosis: Your stomach must create acid to release minerals from food and activate certain vitamins and vitamin co-factors; antacids prevent this.

## Remedies:

### Ease the Pain

- » Do not lie down after eating. Walk, or rest with your head raised. Let gravity take the pressure off the lower esophageal sphincter

### Decrease Esophageal Inflammation

- » **Avoid:** alcohol, chocolate, caffeine, fats, (possibly nuts & seeds if too high fat right now)
- » **Understand and eliminate other food sensitivities:** sugar, gluten, grains, and dairy are common triggers)

### Speed Gastric Emptying

- » Take your time when eating; chew your food
- » Puree food or make soups; easier to digest
- » Minimize drinking other fluids during meals
- » Alcohol slows gastric emptying
- » Light exercise, like walking, speeds gastric emptying
- » Eat at least 3-4 hours before bedtime; no late snacks
- » Even healthy fats slow gastric emptying. Cut back, then slowly increase to 50g/day spread across meals

**Professional Nutritional Support** address enzyme and nutrient deficiencies with select supplements

**Professional Herbal Support** use herbs and oils only with professional guidance—not all are appropriate

**Anxiolytics:** Lavender, Passion flower, Kava

**Adaptogens:** Rhodiola, Panax ginseng, Withania

**Trophorestoratives:** Mother wort, Vervain, Green milky oats

## Stomach digestion imbalances cause:

- » Gastroenteritis
- » SIBO
- » Getting sick more easily
- » Spinal fracture
- » Vitamin and mineral malabsorption
- » Vitamin and mineral deficiencies

## Better-Than-Antacid Symptom Relief

- » Licorice root tea (not if have high blood pressure)
- » *Althea radix* (marshmallow) or *Ulmus fulva* (slippery elm) tea: ¼ tsp in any beverage coats and soothes, can take “on demand” or before bed as prevention

## Anti-inflammatory, Antioxidant & Digestive Foods

- » Comfrey leaf or Licorice root tea
- » Chamomile or Calendula flower tea
- » Meadowsweet tea
- » 1 - 3 oz Systemic Formulas aloe juice concentrate
- » Carob powder: (potentially allergenic!)
- » lacto-fermented foods
- » blueberries
- » bilberries
- » zucchini
- » onion tops
- » sweet peppers
- » carrots
- » ginger or turmeric root
- » garlic

## Barrett's esophagus—yes this can heal

- » MUST improve antioxidant status / quench free radicals:
- » Eat foods rich in antioxidant vitamins C and A: Eat a huge pile of brightly colored vegetables every meal
- » Eat fish: easily-digested, high in omega-3 fats, zinc and selenium
- » Reverse esophageal changes and avoid cancer with targeted whole food supplements

