

# Baritz Wellness Center, P.C.

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## Acid Reflux, The Program (part 1)

04/11/11

We address acid reflux with a step-by-step protocol. Start with steps 1 and 2 until you have relief, then step 3 until digestion is improved and you no longer need to use antacid medications. Next, step 4 for one to two months and finish with step 5 for improved GI health.

### Step 1: Provide right now relief

The following can be used singly or in combination

Gastrex <sup>1</sup>	2 with a full glass of water 10 to 15 minutes before meals (and before bed if taken alone)
HiPep <sup>2</sup>	2 with a full glass of water after meals and before bed (if taken alone).
Slippery Elm powder <sup>3</sup>	1 heaped tsp mixed in ½ cup of water, after meals and before bed. Slippery Elm provides a buffer between stomach contents and the esophagus. Slippery Elm also assists the movement of food through the GI tract.

### Step 2: Lifestyle changes

For lifestyle changes to reduce reflux and improve digestion, see Health Tip: "Acid Reflux The Program (part 2)"

### Step 3: Improve digestive function

Zypan <sup>1</sup>	1 to 2 with meals; combines pancreatic, pepsin and betaine hydrochloride to facilitate digestion.
Digest <sup>2</sup>	Suck 1 tab 15 minutes before meals until it tastes bitter then swallow. Herbs to help tone the esophageal sphincter and increase digestive secretions.

### Step 4: Support the vital force with herbs

Withania Complex <sup>2</sup>	3 to 4/day: to help the body cope with the effects of stress, which may exacerbate reflux.
Gotu Kola <sup>2</sup>	3/day: to support tissue healing by promoting low flow, especially microcirculation.
Vitanox <sup>2</sup>	2/day: provides antioxidant support for long-term conditions associated with tissue damage.

### Step 5: Grade the results

As the symptoms of reflux reduce, improve overall digestive function by "detoxification, repair and fortification" and "restoration of gut integrity and health". For more information see Health Tips: "Digestive Potency" and "Digestive Potency The Program".

**To have a custom program created for you or for a free consult call 508 583-2565**

**\*\*To view this and other health tips go to [www.baritzwellness.com](http://www.baritzwellness.com) and select the Health Tips tab\*\***

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