

# HEARTBURN

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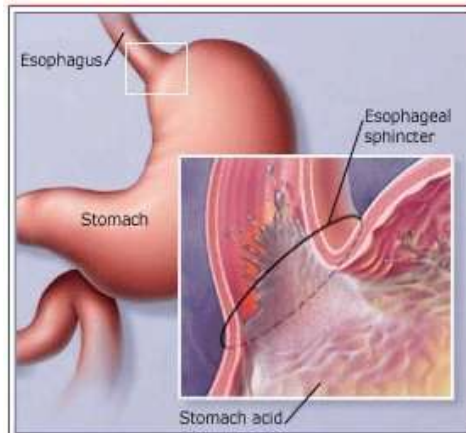


## Definition



A burning sensation or gnawing pain in the area of the chest over the heart (precordium) or beneath the sternum and near the heart

The *precordium* is the portion of the body over the heart and lower chest.



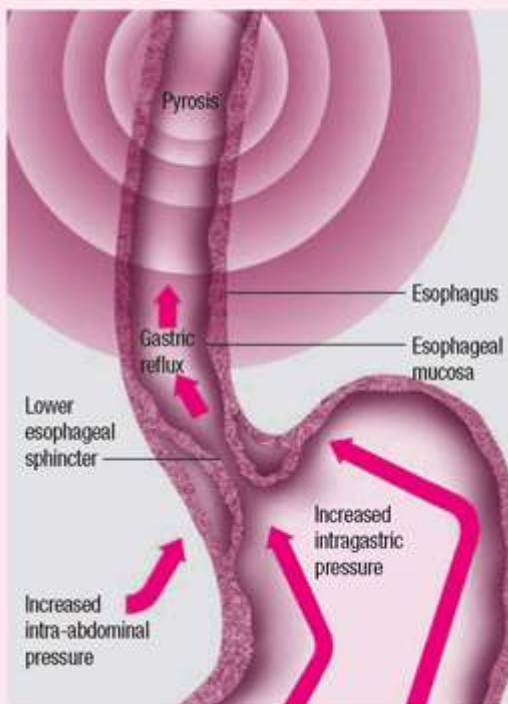
## Symptoms

Heartburn is usually a symptom of indigestion or esophageal spasm. Generally this comes from gastric pyrosis, a stomach problem characterized by belching (eructations) an acid, irritating fluid.

### How pyrosis occurs

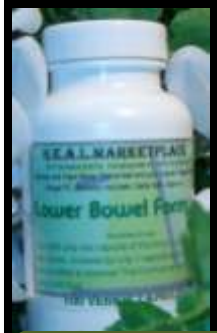
Serving as a barrier to reflux, the lower esophageal sphincter (LES) normally relaxes only to allow food to pass from the esophagus into the stomach. However, hormonal fluctuations, mechanical stress, and the effects of certain foods and drugs can lower LES pressure. When LES pressure falls and intra-abdominal or intragastric pressure rises, the normally contracted LES relaxes inappropriately and allows reflux of gastric acid or bile secretions into the lower esophagus. There, the acids or secretions irritate and inflame the esophageal mucosa, producing pyrosis.

Persistent inflammation can cause LES pressure to decrease even more and may trigger a recurrent cycle of reflux and pyrosis.



## Cause

As heartburn is an acid condition of the system, it is necessary to go on a complete cleansing program to clean out the system.



Lower Bowel Formula #1

Proper foods, proper eating habits, and **EFFECTIVE ELIMINATION** are very important.



**A cure is affected only with a complete change of living habits.**

## My Acid Reflux Testimony *by Dana Dietz*



In the spring of 1996 we were between homes in route from Southern California, to Mountandale, New York, when I first experienced Serious Acid Reflux. That fateful night we had pulled our moving van into a hotel in Dixon Tennessee and sent out for pizza, our typical hotel dinner. Shortly after dinner the acid I began burping up left me gasping for air. As the night wore on I sipped on ice water trying to cool the burning that seemed to extend from my stomach to my throat. Around midnight the pressure building in my chest was making it hard to breath. I was setting in the bathroom when I told my husband that we needed to call an ambulance. I was sure I was having a heart attack. The band of pressure that encircled my chest had become painfully tight.

At the hospital the doctor ordered the necessary test to rule out a heart attack. As soon as the results were in the doctor proscribed an Acid Reflux Medication which completely cleared my symptoms. I was then informed that Acid Reflux could mimic the symptoms a heart attack. Over the next few years I used prescription drugs which while keeping the symptoms of my acid reflux under control contributed to a wide range of side effects.

As I continued to look for better ways to heal my body I discovered the power of herbs and herbal therapies. Shortly after discovering Dr. Christopher and his vast menu of herbal combinations I came across a digestive aid we call "Digestive Tonic." This wonderful formula consistently stopped my acid reflux symptoms in seconds. In 1999 I did my first liver flush which greatly reduced my symptoms of acid reflux. The more I cleansed my body the fewer episodes I experienced. This has caused me to believe there is a very direct connection between symptoms of "heartburn" or "acid reflux" and a backed up Gallbladder.



It's not hard to know when I need to do a liver flush. I may go six months or a year without experiencing heartburn but let my liver be in need of a little flushing and I will begin to experience that burning feeling climbing from my stomach to my throat. (Not nearly as bad, just enough to let me know it's time to clean house again.) One teaspoon of **Digestive Tonic** in six ounces of water will stop the symptoms in seconds.

Over the years as I've shared my testimony with members there has been a small number who did not find relief using the Digestive Tonic. For this small group Apple Cider Vinegar was the answer they needed. A person can experience heartburn when the stomach fails to produce enough digestive juices. When this is the cause then Apple Cider Vinegar will provide the additional digestive support needed to clear the issue. I've found that one of these two Herbal Supports will effectively clear the symptoms of "Acid Reflux" or "Heartburn".

## Herbal Aids



**The two most effective aids to relieve the immediate symptoms of heartburn are:**

**Digestive Tonic:** In most cases this will effectively clear the burning and discomfort associated with Heartburn or Acid Reflux.

**Apple Cider Vinegar:** In cases where the body does not produce enough digestive juices, which can also lead to an acid reflux condition, the Apple Cider Vinegar will clear the issue.



## Heartburn During Pregnancy:

Many women experience indigestion and heartburn, and sometimes gas, during pregnancy.

**This may be caused by:**

- The stomach having less room to do its work,
- Nervous tension which inhibits good digestion,
- Too many stomach acids, or
- A relaxed stomach, which allows foods to back up



**Be sure that you do not take antacids during pregnancy.**

They further inhibit digestion, and they may cross over the placenta into the baby.



To deal with these symptoms, Dr. Christopher first emphasized that we must chew our food.

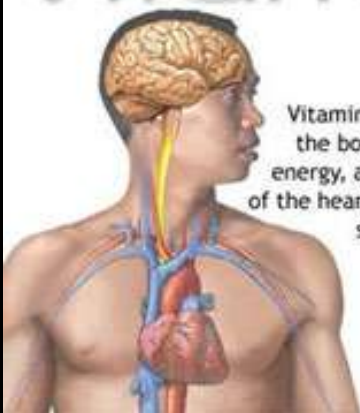
- Many of us just gulp it down, and the large particles cause gas, fermentation, and pain.
- Chew well; even juices should be swished in the mouth to mix them with saliva and begin digestion

**Don't drink with your meals;** water or other liquids dilute the digestive fluids; you may, however, want to take broth or juices with the meal, but you should "chew" these, too.



**Increase your B-vitamin foods,** including whole grains, brewer's yeast, wheat germ, yogurt, perhaps acidophilus.

### Vitamin B<sub>1</sub>

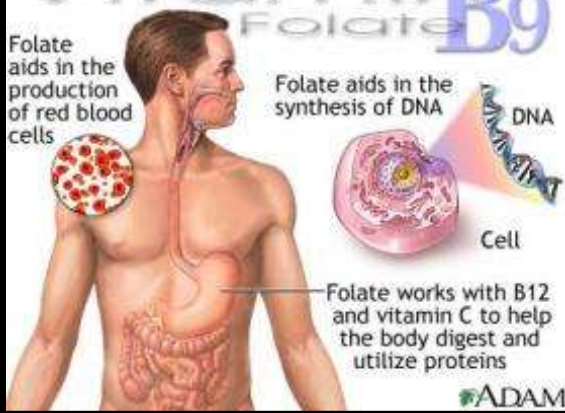


Vitamin B<sub>1</sub> (Thiamine) helps the body convert food into energy, and aids the function of the heart and cardiovascular system and the brain and nervous system

RDA: 1.5 mg  
Water-soluble

ADAM.

### Vitamin B<sub>9</sub> Folate



Folate aids in the production of red blood cells

Folate aids in the synthesis of DNA

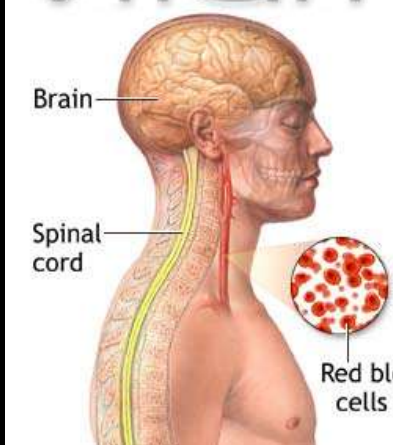
Cell

DNA

Folate works with B<sub>12</sub> and vitamin C to help the body digest and utilize proteins

ADAM.

### Vitamin B<sub>12</sub>



Brain

Spinal cord

Red blood cells

Vitamin B<sub>12</sub> is important for metabolism, the formation of red blood cells, and the maintenance of the central nervous system, which includes the brain and spinal cord

ADAM.





**Don't smoke or drink tea or coffee;** these irritate the stomach and increase heartburn.



Eat small meals frequently; if you must be away from home, take juice, fruit and nuts with you to prevent your blood sugar going down and stomach acids overproducing.

Papaya can aid digestion--fresh, dried or in tablets.

Some women take tablets of activated charcoal to absorb gases in the system.

Slippery elm gruel will alleviate heartburn and absorb gases and toxins.

**Papaya:** As mentioned above the Papaya is considered wonderful for digestive disturbances. The unripe fruit abounds in the enzyme papain which diminishes as the fruit ripens until there is a relatively small amount in the completely ripened fruit...Papain can digest about 35 times its weight of lean meat and 300 times its weight in egg albumin. This is considered important because these heavy proteins as well as those in beans, peas, nuts, and lentils are often difficult to digest and putrefy more quickly in the digestive tract causing gas, foul mouth taste, foul breath, constipation, sour stomach, and heartburn.

**Wormwood:** Its use as a digestive tonic is indeed one of the foremost applications of Wormwood. "Wormwood is above all a stomach medicine, being useful for indigestion, gastric pain and lack of appetite, as well as the related problems of heartburn and flatulence".



## Testimonials

One herbalist, whenever he "pigs out on eggs or meat", brews a cup of Papaya leaf tea mixed with spearmint and camomile or if he's in a hurry (which, he mentions, is the worst cause of indigestion), he takes a Papaya-papain enzyme tablet. This removes the indigestion well.