

Acidic

50% of Americans suffer

Acid reflux is an uncomfortable condition where stomach acid leaks out of the stomach into the esophagus causing heart burn, a sour or bitter taste in the throat or mouth, burping, nausea and wheezing. Before you reach for heavy-duty prescription drugs you may want to sit back and think of a possible cause and do whatever you can to get your body back in shape. Something is causing it, and you better find out what it is. Drugs don't solve the problem, but can add to your misery side effects such as headache, diarrhea, abdominal pain, bloating, constipation, nausea, gas.

Diet comes first:

Chocolate contains caffeine, is high in fat and cocoa which is causing reflux.

Caffeine is another common contributor. Try to replace it with green tea or any herbal tea.

Soda and other carbonated beverages are one of the main contributors to reflux. The bubbles of carbonation expand in the stomach and increase the pressure in the stomach which leads to reflux. The most common sodas are the worst.

Alcohol relaxes the valve at the bottom of the esophagus (where it joins the stomach), leading to reflux.

Fried Food is another key contributor because of their high

fat content. It is also the food most often associated to heartburn, which is chest pain from esophageal reflux.

Dairy products such as butter, milk and cheese are high in fat and as all high-fat food causes reflux, dairy products have to be dramatically reduced in your diet.

Meat such as beef, pork, and lamb, is high in fat and stay longer in the stomach which increases the chance of acidic reflux. Avoid high fat meat as much as you can and stick more to lean cut meat.

What can you do?

Food combining is a great tool to improve many health conditions. The Hay Diet was developed by the New York doctor William Hay in 1920. Hay suffered from Nephritis (inflammation of the kidney) and dilated heart. Near death he began



eating only natural foods. He then started to study naturopathy and developed his diet. "Any carbohydrate foods (bread, rice, pasta etc.) must not be combined with proteins (meat, fish, beans, lentils etc.) and acid fruits such as citrus fruits." He had only 3 meals a day

in an interval of at least 4 hours between each meal.

I had many chronic patients getting well just by following the Hay Diet.

Stress combined with cigarettes, alcohol, coffee and fast food is the main contributor for acid reflux.

How to deal with stress? Best is to sort out problems causing you stress. If it is the work load, get organized and delegate. Don't take drugs to sort out stress. Taking a walk every evening helps to relax and get ready for a good night sleep.

What else?

Drink plenty of Water (non-carbonated but filtered)

Chew food well. Ideally one would chew each bite up to 20 times. This way digestive enzymes in your mouth get released to help to digest food.

No dessert. Desserts after your meal are not good for your digestion and should be avoided wherever possible.

FASTING. There are many ways to fast. Fasting is giving your body a rest from continuously overloading it with too much food and often junk. This way it can start healing itself. If you have never done it before, I recommend to go on a vegetable juice fast for a couple of days. You start 2 days before by cutting out coffee, alcohol, sweet/sugary things, fatty meats and dairy products.

You can have fish, lean meat

and vegetables. But make sure your food is organic, ideally from a farmer. You then prepare a vegetable broth with vegetables of your choice (potatoes, leek, beet root, celery, turnips, carrots etc...). Simmer it for 45 minutes and fill up the broth in a glass bottle. You should drink, sip it throughout the day. Have plenty of water in between and a good mixed salad as your main meal. You can have small portions of fish or lean meat.

Try to skip one meal, morning or evening and have your vegetable juice instead. This way the detox is more intensive. You can do this once a month, let's say over the weekend and you will see how able your body is to fix itself.

Other remedies

Baking soda was the number one remedy to beat heartburn. Take ½ teaspoon of baking soda (sodium bicarbonate) with a glass of water. It should not be used long term as it doesn't solve the real problem which is sorting out your diet and detoxing your body.

Licorice has natural stomach healing properties. Try chewable licorice tablets, which are available in health food stores.

Aloe is well known for its property to reduce inflammation in the stomach. Take a ½ cup before meals. Caution: Aloe can be a laxative. Make sure you get an Aloe product where the laxative component has been removed.

Slippery elm has been used for centuries in herbal medicine. It provides a coating to the stomach tissues and thickens the layer of the

Reflux

A Naturopathic Approach

By Hermann Keppler ND, President of the ASNH,
American School of Natural Health

from it.

mucous lining. Take 2 tablespoons
in water after meals and before you
go to bed.

Where to start?

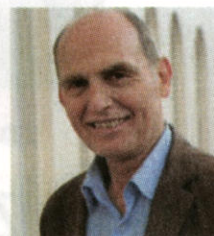
Pick one of the previous ad-
vices you can easily follow and get
started. Try one thing for at least
one week, see how it goes. You than
add. Nobody is perfect, but we can
still take some responsibility and
strive towards improvements. Good
luck! •

*Hermann Keppler, founder and President of ASNH, has more than 30 years experience in treating patients as a Naturo-
path. During his studies in Germany, Switzerland, Israel, Denmark and the USA, he gained specialist skills in Homeopa-
thy, Nutrition, Herbal Medicine, Acupuncture and Clinic Management. He has written several books and has given many
interviews on radio and TV.*

*When Hermann Keppler started his clinic as a Homeopath he soon came to find that he did not have the knowledge to
help every single patient. After further training in Naturopathy, Iridology, Chinese Diagnosis, Flower Remedies, First-
Aid Homeopathic Remedies and Ayurveda, he was able to help a greater number of patients, and became a practitioner
for the whole family. That's when he decided to open a college that would help future natural medicine practitioners to
learn and thrive by encompassing all of these skills into the curriculum.*

*Hermann moved from Germany to England in 1997 to establish the first College (CNM, College of Naturopathic Medi-
cine) in London. More colleges followed across England and Ireland. Today, CNM is with 10
colleges Europe's largest training provider in natural therapies.
In 2012 Hermann moved to Florida to open a first school in Tampa, the American School
of Natural Health (ASNH). ASNH is running courses in Nutrition, Herbal Medicine and
Natural Health Practitioner.*

*The American School of Natural Health (ASNH) provides natural health education based
upon the European approach to natural medicine. Our goal is to offer unique, comprehensive
and holistic programs in natural health which train competent, safe and passionate practition-
ers. Our programs have been carefully designed to incorporate scientific understanding of
the human body with traditional, natural methods of healthcare.*



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