Heartburn No More

A Proven Drug Free Holistic System For Eliminating Acid reflux and Heartburn

A Unique Easy To Follow 5-Step Plan To Eliminating Heartburn, Acid reflux and Related G.I. Disorders Using Proven Holistic Strategies
Heartburn No More™

A Unique 5-Step Holistic System Guaranteed to Fix the Root Cause of Acid reflux Giving You Lasting Freedom from Heartburn and Most Gastrointestinal Disorders

By Jeff Martin
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Chapter 1
Introduction
Dear Heartburn Sufferer,

Regardless of your age or gender, whether you have severe heartburn or just a mild case, or no matter how your heartburn condition manifests itself, the methods contained within the Heartburn No More™ System are the only practical answer. These methods are the only way that you will, as many others have, completely rid yourself of all types of heartburn at all levels of severity.

Like you, I have suffered from severe heartburn, and just like you I have tried just about all the conventional medicines and over-the-counters that deal mostly with the symptoms (and often aggravate the root cause) but had little to no success. And just like you, something kept me searching, believing that there must be a permanent cure for heartburn, not just a temporary relief.

It’s imperative that you understand your heartburn didn’t just happen. There was a cause, and if you follow the right path to eliminating the root cause, you can be rid of it forever. In fact, there is a natural, safe, cheap and highly effective path to cure heartburn.

This book contains that path.

The information you will discover in this book is the result of 7 years of searching, trial and error, and experimentation. It’s the result of trying just about everything, keeping what works and discarding what doesn’t.

The “heartburn puzzle” was pieced together from the information I have learned from countless naturopaths, authors, and healers, and from working with and interviewing many alternative practitioners and nutritionists.

I just want to assure you that you made the right decision when you ordered the Heartburn No More™ package. Regardless of what Western medicine followers may have told you, heartburn can be cured – naturally and permanently.
In this book I’m going to share the Heartburn No More™ System, the only system based on seven years of research that will help you cure your heartburn for good! I’ll explain exactly what heartburn is, the symptoms of heartburn, diagnosis, primary and secondary factors that cause heartburn, and the conventional versus natural holistic approach to curing heartburn. Most importantly, I will go over the exact steps you should take to cure your heartburn permanently, not just alleviate the symptoms, and how to prevent heartburn from ever taking control over your body and health.

By educating yourself about heartburn, you open the door to a lifetime of improved well-being and better health without the pain, annoyance, frustration, and costs associated with living with and treating the heartburn condition.

My only goal in writing this book was to help you reach your goals – to eliminate your heartburn permanently and clear up all your confusion about the steps you are required to take to achieve that goal. If this book helps you succeed in eliminating your heartburn, then this book is a success with or without any accolades.

By following the Heartburn No More™ System, the vicious and destructive cycle of drugs, over-the-counters and futile costs is stopped. Now is the time to exercise your natural right to open the door to an acid reflux-free life.
Ten Facts About the Heartburn No More™ System

Before we get into the heart of the program and reveal my personal story, let me share with you the ten reasons why this system may just be the most powerful heartburn system ever developed.

Heartburn No More™ provides you with a tested step-by-step plan to success.

It’s a fact that no other heartburn system will provide you with the exact steps you need to follow to become heartburn-free. Most heartburn programs will merely give you vague guidelines. With the Heartburn No More™ System, you get all the specifics. You are told exactly what to do, exactly how to do it, and exactly when to do it and why.

Heartburn No More™ was written by a real heartburn sufferer.

This program was not written by some science geek who never had heartburn. Instead, it was written with the blood and sweat of a real person who suffered from this painful condition for years, and it’s the result of thousands of dollars spent on trial and error and more than seven years of extensive research.

Heartburn No More™ is based on real world results.

This system is based on real world results, not textbooks or classroom lectures. Thousands of heartburn sufferers have already cured themselves completely using the same principles within this program, including the author himself.

Heartburn No More™ is truthful and unbiased.

I’ve devoted the last seven years of my life to helping heartburn sufferers win the war against deceptive advertising, false claims, and other marketing scams in the heartburn industry. The Heartburn No More™ program is straightforward, providing you with the facts on how to eliminate heartburn with honesty and integrity. I have never been involved with any supplement or drug industry, and I am not affiliated with any of them.
Heartburn No More™ is not just about alleviating the symptoms; it’s about your health and inner balance.

Eliminating heartburn from the root can never be achieved as long as your body is in a state of imbalance. Heartburn is not an esophageal disease or a problem with your stomach acids, no matter what your doctor tells you. It’s about taking responsibility over your body and about restoring it back to a state of balance where no disease can exist, not just heartburn.

Heartburn No More™ is not just a special nutrition program.

It merges nutrition with a comprehensive cleansing program and plans to rebuild dietary, supplementation, mental, and lifestyle plans aimed at restoring your body back into balance. In short, it’s the perfect holistic heartburn solution.

Heartburn No More™ doesn’t confuse heartburn symptoms with heartburn cure.

Alleviating your heartburn symptoms and fixing the root cause of your heartburn are completely different things. Yes, treating the symptoms of reflux is obligatory if you have heartburn, simply because it can be an extremely painful and dangerous condition. Heartburn No More™ handles all the symptoms of heartburn using a unique two-day relief treatment that works for almost all levels of acid reflux. However, to permanently cure heartburn, you must neutralize the “heartburn environment” (more on that later). The Heartburn No More™ System ensures this heartburn environment will cease to exist in your system.

Heartburn No More™ is not a temporary quick fix.

It offers a permanent solution and one that you can maintain as a lifestyle. The whole concept of curing heartburn by masking the heartburn symptoms is flawed. The whole concept of curing heartburn using various treatments aimed at healing the inflammation in
the esophagus is also flawed. When you say that you’re going to treat your heartburn, the implication is that it’s temporary and that at some point (when your heartburn symptoms are temporarily gone and you feel some relief) you will continue with your bad nutritional and destructive lifestyle habits. The truth is that the only way you’ll ever get rid of your heartburn permanently is to adopt new habits and keep them. It may feel a bit uncomfortable in the beginning, but it will soon become entrenched into your daily routine and become easy, natural, and highly rewarding.

Heartburn No More™ is simple.

With the information overload provided by the Internet, it’s only natural that you’ll feel overwhelmed with conflicting theories and mind-boggling misinformation. My goal in creating this program was to clear up the confusion and make the process as simple as possible. The simpler the strategies are, the more apt you are to apply them, and the greater your results will be.

Heartburn No More™ offers 24-hour FREE e-mail counseling.

Heartburn No More™ is the only heartburn program that comes with exclusive 24-hour quality counseling. I challenge you to find similar offers on the Internet. The Heartburn No More™ program is the perfect solution for heartburn, but the real value of the program comes from the personal guidance and support that I offer my customers. I am devoted to your success, and I will do anything within my power and knowledge to ensure that you eliminate your acid reflux with the least amount of time and trouble, and I ensure that it will also suit your individual needs and personal limitations. Most of my customers who chose to exploit this exclusive offer are in constant daily correspondence with me. It takes time and energy to answer all those e-mails every day. That is why I chose to provide this service only to people who buy the program. If you ordered the Heartburn No More™, then I urge you to use this service too. I would love to hear from you.
Success is Yours

The solution I offer in my book is an intelligent, holistic, scientifically proven, and all-natural approach that tackles the root cause of acid reflux and completely eliminates its symptoms.

A significant number of individuals who either read this book or are associated with me and have implemented the methods outlined in the book are living proof that heartburn can be permanently banished. They are proof that getting rid of heartburn, even highly severe cases, is not science fiction. It doesn’t have to cost thousands of dollars or involve swallowing enormous numbers of pills or vitamins. You don’t need to spend unrealistic amounts of dollars on special drinks that only mask the symptoms. Heartburn is in fact a manifestation of an internal problem. Heartburn is an annoying and sometimes painful condition but not an untreated or uncontrollable one.

The treatment offered in this book is the result of more than seven years of intensive holistic research backed by thousands of hours of nutritional ex-
pertise. It's based on my own personal experience as well as that of many readers who gracefully volunteered to give their own feedback and comments. Getting rid of heartburn and its painful symptoms can be done naturally. It can be accomplished, but like anything worthy, it requires some level of dedication, persistence, and patience.

My personal research yielded the Heartburn No More™ System, which is the heart of this book. If there was one important thing that I learned in regard to heartburn, it's that it cannot be cured using a single-dimension protocol. A long-term solution for heartburn must include a combination of steps that together lead to its elimination and ultimate prevention.

The Heartburn No More™ System is simple to comprehend and consists of several methods and approaches you may have heard of before, but the key to success lies in how to conduct each step in the right order and combination.

The program is simple, yet it's revolutionary. Great things often come in simple forms.

Following the Heartburn No More™ System with persistence will eliminate all acid reflux-related symptoms, regardless of the severity of your heartburn. Moreover, many of my customers report a dramatic, positive impact over their previous digestive problems as well as their mental and emotional well-being. I sincerely hope and encourage you to become one of those people. I invite you to give my method a chance so that I could offer you a better life – a heartburn-free life.
How to Get The Most From The Book

This book offers a comprehensive natural approach to the treatment of GERD (gastroesophageal reflux disease). It’s aimed at you, my fellow heartburn sufferer, who has tried and is fed up with conventional treatments and their unpleasant side effects and is willing to try a natural, long-term and practical way to get rid of heartburn.

This book is aimed at people with all types of heartburns with all levels of severity. It’s aimed at individuals who wish to eliminate the cause of heartburn rather than deal with the symptoms. It’s aimed at people who wish to reclaim control over their inner system and health and thus dramatically improve their overall health, enhance their elimination, improve the appearance of their skin and to look and feel younger and more vibrant.

This book will take you on a voyage that leads to heartburn freedom through a holistic approach by treating the body as a whole and having it cleansed and rebalanced from the inside, thus neutralizing the environment that encourages acid reflux.
I truly believe this book will change your life. If you are reading these lines, then you are truly blessed beyond belief.

By following the Heartburn No More™ System to the letter, you'll not only eliminate all symptoms related to reflux, but also you'll feel younger, healthier, and more vibrant. You'll be able to overcome many illnesses and dysfunctions such as constipation and obesity. You will achieve all that without the horrible side effects. The Heartburn No More™ System eliminates the root factors leading to heartburn, thus achieving real long-term success.

I spent more than seven years researching, probing, and analyzing information concerning heartburn as well as experimenting with every available natural solution. During that time I eliminated what didn’t work and put aside what was effective. I later combined all the knowledge I had learned with other holistic methods for the purpose of building the complete Heartburn No More™ System.

As mentioned earlier, treating heartburn is not a short process. It requires persistence and patience. Results may only appear visible after four or even six weeks. Moreover, each person is unique in the way he or she adapts and reacts to the treatments. Results may vary among different people with different types and levels of heartburn severity and sensitivity to certain foods. Keep in mind that it takes time for the body to heal itself and some level of maintenance to keep things in control.

Persistence and belief are vital if you wish to achieve success in eliminating your heartburn. You must understand that following each step alone will only yield short-term results. The combination of all the steps in the Heartburn No More™ System is the only key to lasting heartburn freedom.
This book is divided into 5 chapters and 4 appendices

Chapter 2 is the general section of the book aimed at building a foundation of knowledge regarding heartburn and the holistic approach. This is where I reveal the true nature of reflux heartburn, the true causes of heartburn, types of heartburn, common symptoms, complications of reflux heartburn, the pros and cons of conventional heartburn medications and over-the-counters, and the crucial differences between conventional and holistic medicine.

Chapter 3 introduces The Quick Results Mini-Program. It’s designed especially for busy folks who don’t have much time on their hands but wish to see results A.S.A.P. and for people with very light heartburn. It’s not a quick fix approach, but it’s practical and extremely easy to follow.

Chapter 4 contains the complete 5-step holistic solution to heartburn – the Heartburn No More™ System. This chapter reveals the general blueprint of the program as well as the specifics of each step of the Heartburn No More™ System outlined in a chronological manner with all the nitty gritty details of why, when, and how to successfully accomplish each individual step. This chapter also introduces the basic steps you should take to get rid of these annoying and irritating on-the-surface symptoms of heartburn naturally in as few as two days.

Chapter 5 outlines the exact principles you need to follow to prevent the reoccurrence of heartburn and maintain a reflux-free environment.

Appendix 1 outlines several complementary treatments for heartburn.

Appendix 2 offers an example of a 2-day detox diet – a short preliminary internal cleansing protocol.

Appendix 3 shows exactly how to maintain liver function – an important part of the heartburn maintenance plan.

Appendix 4 is the bonus section of the book where I share valuable feedback and tips from our customers.

The Heartburn No More™ System book also contains lots of theoretical as well as practical information to provide the reader with the clearest, sharpest, and most coherent picture of the disease and what needs to be done to eliminate its symptoms. By doing so, you’ll become more “heartburn educated,” more motivational, and more focused on nothing but achieving your goal, which is elimi-
nating the factors leading to heartburn formation and achieving reflux freedom with all its positive implications.

Be patient at the beginning. All the information in early chapters will come together in the end. As you begin reading, you may feel overwhelmed by the amount of information. Don’t be. The chapters were built in that order for a reason. That is why I urge you to read the book in its entirety first before you start acting on the plan. This way you’ll gain a complete solid picture of things as they slowly fall into place and finally fit together in the end. It will ensure you won’t get too confused (as to why you’re required to do this or that and in that certain order) or miss essential information required to successfully complete the plan and achieve your goals.

Much has been done to keep this book as straightforward, simple, and direct as possible. Whenever I could, I kept words to a minimum, and I strived to use as much conversational language and layman’s terms whenever I could to make reading easier, fun, and understandable. Also, the book contains many links to other parts inside the book as well as to useful resources, so stay connected to the Internet while reading.

It’s important that you commit to take action and add a deadline to your goals if you wish to succeed. Without the will, a deadline, and the proper motivation and dedication to eliminate your heartburn, you’ll only achieve poor or short-term results. It’s advisable to adhere to the Heartburn No More™ System as it was especially designed to make your heartburn a part of your history.
Get Rid of Acid Reflux Holistically

You really can get rid of heartburn – naturally and holistically. How?

◆ By learning what a “reflux environment” is.

◆ By learning exactly what conditions are needed for a heartburn/reflux environment to exist and how to neutralize these conditions so that heartburn will be banished forever.

◆ By learning the connection between heartburn, H. Pylori and G.I imbalance and how to quickly restore the body back into balance.

◆ By understanding that heartburn is primarily a Western problem and that there is, in fact, a tight connection between Western diet, Western lifestyle, and heartburn in spite of what modern medicine and the media want you to believe. Research has clearly shown that in non-Western societies where people don’t eat Western food, they also don’t have heartburn.
By learning the evident link between the existence of Candida (yeast) overgrowth, stressful lifestyle, inadequate sleep, lack of exercise, and the aggravation of heartburn.

To get rid of heartburn permanently, equip yourself with information about toxic elimination, internal cleansing, tackling H.pylori, acid-alkaline balance, a healthy and well-balanced diet, stress control, the Candida yeast link, antibiotics, probiotics, and prebiotics.

The Heartburn No More™ book will provide you with all of the above invaluable information. This is not only an informational book but also a complete step-by-step system that will take you from where you are now to where you want to be – to have lasting heartburn freedom.

Everything you need to succeed is contained in these pages. Apply it! Knowledge applied is extremely powerful, but knowledge unused is worthless. Begin using this information immediately. The sooner you start, the quicker you’ll see results on your heartburn condition. So start today. Start now. If you need further assistance, e-mail me: support@HeartburnNoMore.com. You’ll have all my knowledge and expertise by your side.
Chapter 2

All About Heartburn and Acid Reflux
Chapter 2
All About Heartburn and Acid Reflux

Section One – The Truth About Heartburn

What is GERD (acid reflux)?

Heartburn, the burning sensation in the middle of the chest that is usually triggered after eating, is actually the most common symptom of a more complex disorder called GERD (Gastroesophageal reflux disease) or acid reflux – a condition where the stomach refluxes or backs up its liquid content to the esophagus.

Since the stomach contains acid and several digestive enzymes such as pepsin, the liquid returned to the esophagus comes into direct contact with the lining of the esophagus, causing agitation and a burning sensation.

If the body cannot prevent the acidic mixture from backing up into the esophagus, in time it can seriously damage the esophagus and lead to dangerous complications.

The esophagus is a muscular tube in which food is transported using muscular contractions from the mouth to the stomach. Normally, the lower esophageal sphincter (LES), located at the bottom of the esophagus, serves as a one-way valve that opens automatically to allow food to enter the stomach and closes automatically to prevent the acidic content of the stomach to reflux into the esophagus. However, when the LES “relaxes,” is weak or loose, and doesn’t operate accordingly and appropriately (e.g., stays open when it needs to be closed), the content of the stomach flows back into the esophagus.

The severity of the acid reflux depends on three factors:

◆ The LES’ muscular tone.
◆ The type and quantity of liquid that refluxes from the stomach.
◆ The natural ability of the esophagus muscles to cleanse the bottom of the esophagus.

It’s interesting to note that with most individuals who suffer from acid reflux, the concentration of acid within the stomach’s content liquid is
much higher than with people who don’t experience reflux. Moreover, it has been found that among heartburn sufferers, the acidic liquid of the stomach comes into contact with the lining of the esophagus and stays there longer than it does among non-reflux sufferers.

To protect itself from prolonged damage to the esophagus, the body uses the effect of the saliva, which contains water, electrolytes, enzymes, and mucus to neutralize the damage to the esophagus inflicted by the acid reflux. Moreover, during waking hours when the body is in an upright position, the force of gravity pushes the liquids back into the stomach.

However, at night as the body produces less saliva, the absence of swallowing due to the body’s position and the power of gravity work against us and the reflux liquids stay longer in the esophagus, increasing the damage and injury to the lining of the esophagus.

Interestingly, although there seems to be a clear genetic tendency to develop heartburn, such as having a weak LES or hiatal hernia (an oversized opening in the diaphragm that makes it easier for the stomach content to reflux – more on that later), researchers have clearly shown that many heartburn sufferers don’t have a weaker LES or necessarily suffer from a hiatal hernia. Moreover, many hiatal hernia sufferers have no reflux symptoms at all.

It seems that the real cause lies more in the lifestyle choices that we make than in our genetic predisposition. It’s a fact that medications and drugs that dilate blood vessels, such as calcium channel blockers, may reduce the muscular tone of the LES and thus contribute to acid reflux symptoms.

Smoking, alcohol, and certain foods are also known for their ability to weaken and relax the LES. Some foods can make the stomach environment more acidic, encourage Candida overgrowth, intoxicate the blood and the organs of elimination (including
the bowels), cause chronic digestive problems, and lead to fermentation that backs up into the intestines and up to the esophagus. Stressful lifestyle, lack of exercise, and inadequate sleep can all lead to major digestive disorders that manifest themselves in heartburn among many other ailments.

Pressure on the abdomen either due to pregnancy, tight-fitting garments, or obesity can also make it easier for the stomach content to flow back into the esophagus and result in heartburn and inflammation.

As long as our internal system is cleansed and has the proper acid-alkaline balance (more on that later), our immune system, the digestive system, and elimination organs are working properly, and the probiotic friendly bacteria such as Lactobacillus acidophilus, B. bifidum, Lactobacillus bulgaricus, Streptococcus thermophilus, and L. salivarius are greater in relation to the number of Candida microorganisms, acid reflux symptoms are minimized – if not completely eliminated.

Only when our internal system is compromised can the perfect environment for acid reflux develop. This is due to any of the following:

- Toxic buildup (in the bowels, blood, lymph, or kidneys).
- H.Pylori
- Loss of friendly bacteria (e.g., due to the use of prescription drugs, antibiotics or chlorine).
- Weakened immune system that encourages Candida overgrowth.
- Over-acidity in the digestive system.
- Lifestyle habits that reduce the muscle tone of the LES.
- A diet high in toxic foods, refined carbohydrates (sugar, white flour, white rice) or foods that weaken the LES, and a diet lacking highly nutritional foods such as fresh raw fruit and vegetables.

GERD is a complex condition triggered by more than one factor, which is what makes it difficult to get under control. This is one of the reasons why doctors still find this chronic condition so hard to eliminate using prescription drugs and over-the-counters. Luckily, there is an alternative – the holistic way that tackles the problem from the root and restores the inner environment back into balance.
The Real Cause of Acid Reflux

The basic, most fundamental truth regarding the vast majority of chronic health conditions, including acid reflux, is that there is no such thing as a single cause.

Similar to other health conditions, acid reflux is an environment that is triggered by several primary and secondary factors and the relationship between both. Certain factors and co-factors contribute to acid reflux, and causative agents aggravate an already compromised heartburn condition.

Also, day-to-day situations, external factors, and psychological and mental factors directly or indirectly form the environment in which acid reflux manifests itself in a variety of the common symptoms; among them is heartburn.

Because every health problem is multidimensional, the solution must be multidimensional to eradicate the problem from the root. This is one of the reasons why science and conventional medicine fail in treating most Western afflictions. Instead of treating the body and health condition as one, as a whole, they tackle the manifestation of the condition or the injured parts (more on that later).

As with most health disorders, acid reflux is formed with the help of several genetic tendencies:

1. Over-Production of Acid: Some heart burn sufferers simply produce abnormal amounts of acid in their body, making their stomach liquid more acid concentrated and thus can inflict more damage when it comes into contact with the esophagus.

2. Weak Muscle Tone of the Lower Esophageal Sphincter: The lower esophageal sphincter (LES) muscle contractions are weak in some reflux sufferers. This allows more acidic content to reflux back into the esophagus, leading to GERD.
3. Random Relaxation of the Lower Esophageal Sphincter: Normally, the LES relaxes for a few seconds after swallowing to allow food and liquids to pass through. However, among some GERD sufferers, the LES relaxes at random times for several minutes, allowing acid to reflux to the esophagus.

4. Hiatal Hernia: Interestingly, although there’s a significant link between hiatal hernia (a condition where the part that connects the stomach to the esophagus is pushed between the LES and the diaphragm, thus compromising the ability of the diaphragm to help the contractions of the LES, resulting in GERD) and between acid reflux, few GERD sufferers have a hiatal hernia and vice versa. Many people that have hiatal hernia don’t suffer from reflux symptoms.

A hiatal hernia can also cause acid to build up in the part where the stomach pushes its way past the LES, a condition called hiatal sac. The acid that is built up can easily find its way into the esophagus as the latter relaxes.

A hiatal hernia also alters the angle at which the stomach and esophagus connect, thus making the LES ineffective in preventing acid from backing up into the esophagus, a condition often referred to as “broken door.”

But again, it’s a fact that very few reflux sufferers have hiatal hernias.

Some of us are more prone to diseases than others, but genes are only part of the problem. Even if we have some genetic tendency to develop a condition or a weakness, we can still fix the problem. Although we cannot change our genetic structure, we can tackle the other parts of the disease puzzle. We can make a difference, reverse our diseases, and regain our health and energy by making affirmative decisions to change our lifestyle, dietary choices, and thoughts that lead to poor health, toxic buildup, a weak immune system, Candida overgrowth, and digestive disorders that promote the occurrence of GERD and the majority of all common illnesses. Then we can gain control over our health and inner terrain.
The following are primary non-genetic factors that promote an acid reflux environment:

- **Dietary Choices, over-acidity and sluggish digestion.**
- **Candida albicans overgrowth.**
- **H. Pylori Infection**
- **Auto-intoxication.**
- **Stress, inadequate sleep, obesity.**

These 5 factors create the perfect environment for the formation and aggravation of acid reflux, which manifests in heartburn.

With that said, let's go into more detail about each of the primary and secondary factors that contribute to reflux heartburn.

**Dietary Choices, Over-Acidity, and Sluggish Digestion**

A diet high in refined carbohydrates and processed and toxic foods and low in fresh fruits and vegetables affects biochemical processes within the cells, worsens digestion, and interferes with the natural toxic elimination process. Furthermore, it also feeds Candida, which thrives on refined carbohydrates such as sugar, white flour, and white rice and can lead to acid reflux since its overgrowth causes fermentation in the colon (see the Candida reflux connection).

Lack of nutrition is another factor. Our body needs to obtain about 40 essential vitamins, minerals, and nutrients to enable the cells in our bodies to fully function and remain healthy. These nutrients mostly come from our diet since the body cannot produce them by itself. When we eat more processed foods and fewer foods with high nutritional value, the immune system declines. With a weakened defense system, we make it easier for Candida to multiply and aggravate digestive problems and the acid reflux condition.

Over-acidity in the digestive system, usually due to a diet high in acidic foods, is another major factor. A state of over-acidity causes the blood to be-
come sludgy and thick, creating the ideal environment for Candida overgrowth (more on the acid-alkaline balance later), making the stomach content more acidic, which in turn causes more damage when it contacts the lining of the esophagus.

When our digestion is optimized, it helps in expulsion of yeasts and bacteria. When our digestive system is sluggish due to several factors discussed in later chapters, undigested food and rotten food particles circle the bloodstream and are stored in the digestive tract, accelerating many disease symptoms including Candida and acid reflux.

Candida Albicans Overgrowth (Candida reflux Connection)

Acid reflux originates in the colon. It’s also the result of years and years of a fungal yeast infection that builds up in the colon. When Candida albicans turn from yeast to fungi, they depress the immune system and produce more than 79 distinct toxins that may be responsible for many of the symptoms that Candida sufferers have including heartburn. When Candida gets out of control, it breaks through the intestinal walls and travels throughout the body. It can attach itself to the genital areas, the mouth, and the esophagus among many other parts of the body. When Candida gets out of control, it begins to ferment and reflux the contents of the stomach upwards through the small intestines, through the stomach, and then through the esophagus, causing infection, burning, and damage to the esophagus.
The following is a simple and easy-to-use home test for Candida:

First thing in the morning and on an empty stomach (no food or liquids allowed), find a clear glass and fill it with mineral or reverse osmosis water. Next, work out a generous amount of saliva and spit into the glass.

Leave the glass of water aside for a period of up to an hour. If you have a mild case of Candida yeast infection, you will see strings in the form of legs that travel down into the water. If you have a systematic advanced case of Candida yeast infection, you will see your saliva sink to the bottom of the glass.

Bear in mind that most people fail the test. I failed it big time when I first applied this self-diagnosis test. Only in rare cases or after you have eliminated your Candida will the saliva remain floating on the water.

H. Pylori Infection

Helicobacter pylori (H. pylori) is a spiral-shaped bacterium that is found in the lining of the stomach. Before the bacterium was discovered, it was believed that stomach ulcers were caused by spicy food, stress, acid, and lifestyle. The bacterium was discovered by two Australian doctors, Barry Marshall and Robin Warren in 1982. It took six years for the medical profession to begin to acknowledge the
importance of Marshall and Warren’s work and the first clinical treatment trial was conducted in 1987.

Initial research on H. pylori focused on gastric complications, and figures now show that, excluding a small proportion of cases caused by non-steroidal anti-inflammatory and antibiotics, the bacteria is implicated in 99% of duodenal (upper small intestine) ulcers. In addition approximately 60% of gastric ulcers and up to 80% of stomach cancers are associated with the bacteria. Before this discovery, doctors prescribed medications that relieved ulcer symptoms, but they did not address the underlying cause. With the medications are stopped, the majority of ulcers caused by H. pylori recur.

Most people who are infected with H. pylori never suffer any symptoms related to the infection; however, H. pylori causes gastritis (inflammation of the stomach lining) as well as duodenal and gastric ulcers. People with the infection have 2 to 6 times the risk of developing gastric cancer and mucosal associated-lymphoid-type (MALT) lymphoma compared to people without the bacteria. An estimated 5,000,000 cases of gastric cancer and duodenal ulcer occur annually as a result of the infection. Between 10-20% of those with H. pylori will experience peptic (gastric and duodenal) ulceration, and approximately 1% of people with H. pylori will go on to develop stomach cancer.

These outcomes are due to the complex interaction between genetic tendencies, the virulence of the strain of H. pylori and environmental factors.

For example, genes influence the development of gastric cancer. Environmental influences such as diet,
overcrowding, poor water supply and hygiene also impact on acquisition rates.

**Auto-Intoxification**

Our constant exposure to thousands of toxins on a daily basis through the food that we eat, the air that we breathe, the drugs that we take, and the poor quality of our water supply all lead to toxic buildup in the blood, lymph, kidneys, and colon. This leads to short-term and long-term health conditions. Among them is GERD.

You can take thousands of herbs, supplements, and over-the-counters to combat your heartburn, but without cleansing your internal system and your digestive tract in particular, it will be like painting a rusty car, and you will never get rid of acid reflux.

The root of all Western afflictions is “auto-intoxification” caused by a huge amount of undigested food and dead fecal matter trapped inside your intestinal tract, along with a potentially sluggish digestive system. As mentioned earlier, poor digestion is one of the main heartburn contributing factors along with other ailments.

By the time you have cleansed your internal system, your detoxification process and your immune system will vastly improve, and your digestion will become enhanced. You will feel more energetic and healthier, and conditions such as acid reflux will become a thing of the past.
Stress, Inadequate Sleep, Obesity

Stress invoked either by inadequate sleep, emotional issues, anxiety or pressure in your daily routine has been scientifically proven to trigger digestive problems, weaken the immune system, and encourage Candida overgrowth (because the body releases a hormone called cortisol, making your body defenseless against Candida), which can contribute to acid reflux and heartburn.

Stress also elevates blood sugar levels that feed Candida cells and changes our bacterial internal environment in the gut as it decreases the friendly bacteria and allows Candida to take over, resulting in the aggravation of acid reflux.

Obesity is another heartburn-triggering factor. The more pressure there is on your abdomen and the more fat cells there are clogging up your middle, the more difficult it is for your digestive organs to work properly. Intensive pressure on the abdomen also allows stomach content to reflux into the esophagus, causing more damage.
Risk Factors for Reflux Disease

When it comes to acid reflux, there are five risk groups involved.

**Risk Group 1: Age**

Although acid reflux can happen at any age, GERD more commonly occurs in middle age as up to 20% of older people (aged 55 to 74) suffer from acid reflux. The reason is probably due to the natural weakening of the esophagus muscle tone and the weakening of the LES due to aging. Another cause for GERD among older people is the likelihood of developing a hiatal hernia at that age, and that may trigger acid reflux. Excessive consumption of drugs and medications, which is more common at an older age, can also weaken the LES and contribute to GERD.

**Risk Group 2: Smoking and Alcohol**

Smoking is associated with almost every known ailment and is also a major factor in the development of acid reflux disease since smoking also significantly weakens the LES. Alcohol consumption also weakens the LES, and if combined with smoking, the damage and risk for heartburn complications can be much worse.

**Risk Group 3: Medication Takers**

Drugs and medications such as Fosamax and nitrates, calcium channel blockers (for the treatment of high blood pressure), theophylline for asthma, nitroglycerin for angina, and anti-anxiety medications such as benzodiazepines can also contribute to the weakening of the sphincter muscles and lead to acid reflux.
Additionally, medications aimed at treating ulcers by killing the bacterium that is responsible for ulcers and gastritis (Helicobacter pylori) can also contribute to GERD since the Helicobacter pylori may actually protect the body from developing acid reflux.

**Risk Group 4: Obesity**

Individuals with a body mass index greater than 30 are more likely to develop acid reflux than others since among obese people the fat cells clog their middle, making it harder for the digestive system to work properly. Obesity also puts pressure on the abdomen, allowing the stomach content to reflux into the esophagus.

**Risk Group 5: Pregnant Women**

Fewer than half of pregnant women may develop mild and intermittent acid reflux due to the intake of medications that weaken the LES, the increased pressure on the abdomen, and because of the levels of hormones (estrogen and progesterone) that form part of pregnancy.
How Is GERD Diagnosed?

Once you have determined the presence of the common symptoms and the risk factors of acid reflux, your doctor may put you on an anti-reflux or anti-acid drug therapy. This is the preliminary step for diagnosis whether you suffer from GERD or not. If heartburn symptoms subside after the therapy, then it is most likely that you had acid reflux. If your heartburn does not improve with drug therapy or with lifestyle changes, then you may need to undergo a series of additional tests.

Note: There’s one caveat to the above diagnosis – people with ulcers may also respond positively to the drug therapy as the symptoms of gastric ulcer and GERD are very much alike.

The following are the most common tests for diagnosing the presence and the severity of acid reflux:

**PH Probe**

This is the most common and standard diagnostic test for acid reflux. In this test, a thin wire with an acid sensor is inserted through the nose into the lower area of the esophagus and is attached to a monitoring device worn outside the body. You are then monitored for 24-hour periods to determine if the acidity levels of your esophagus alter during each meal, during activities, and while you sleep.

**Esophageal Manometry**

This test involves the swallowing of a catheter for about an hour and will examine the muscle tone of your esophagus and identify abnormalities in the LES or the slightest pressure in the LES. The results are recorded on graph paper.
Upper Endoscopy

This test is aimed at diagnosing complications of GERD such as Barrett’s metaplasia, cellular changes, and abnormalities in the mucous membrane. Your doctor will spray your throat to numb it, and a small tube with a camera on the edge will be placed into the esophagus to examine whether the lining of the esophagus is inflamed or irritated. A full endoscopy test (includes the stomach and small intestine) will identify many complications of GERD including ulcers, strictures, and Barrett’s esophagus. Biopsy should be considered if the results are unclear or somewhat questionable.

Examination of the Throat and Larynx

If you suffer from sore throat, cough, or hoarseness, it’s often caused by inflammation of your throat or larynx, but these symptoms may also be triggered by GERD. An ear, nose, and throat (ENT) specialist will check the throat for inflammation. If the diagnosis is negative, then acid-suppressing treatments will be given to confirm the occurrence of acid reflux condition.

Gastric Emptying Studies

Since most GERD sufferers have digestion and elimination problems, this test is aimed at determining the ability of food to pass through your stomach and out from your system (transient time). By eating a meal with a radioactive substance and placing a sensor counter over your stomach, one can measure the time it takes for your stomach to empty the food that you ate.

Biopsy

If an endoscopy fails to deliver clear results or yields questionable results, a biopsy may be given using a microscope. It can diagnose whether you suffer from acid reflux and other digestive abnormalities including the cellular change of a Barrett’s esophagus.
Signs and Symptoms of Reflux Disease

Having heartburn is the most common symptom of GERD. Heartburn, which often feels worse after eating, is characterized by a feeling of burning in the chest accompanied by chest pains behind the breastbone that work their way up the throat and neck. Heartburn can also be located in the abdomen and back. Heartburn often feels as though food comes back to the mouth accompanied by an acidic taste. Heartburn results from the acid that refluxes to the esophagus and irritates its nerves.

Other symptoms of GERD that range from moderate to severe include:

**Nausea**

This is an uncommon symptom among GERD sufferers. Intense nausea can occur in severe cases of GERD when there are complications of the disease accompanied by vomiting.

Important note: Vomiting blood or passing blood in your stool is an emergency sign, and you should immediately visit your family physician.

**Regurgitation**

When small amounts of reflux liquids go up to the mouth, regurgitation occurs along with an acidic taste in the mouth. These liquids are seldomly accompanied by food. In time, chronic regurgitation can cause damage to the tooth enamel.
Inflammation of the Throat, Larynx, and Lungs

Reflux liquids can also cause soreness and hoarseness when they come into contact with the throat and larynx. Sometimes the reflux liquids can make their way into the lungs and lead to coughing and choking and can cause a dangerous infection.

Asthma and Cough

As the reflux liquids irritate and inflame the lining of the esophagus, they also irritate and stimulate the nerves. The stimulation of the esophagus nerves signals the lung tubes to narrow, which may result in severe coughs and asthma attacks. Asthma can also be the result of aspiration of gastric contents to the lung.
Complications of Reflux Disease

GERD, if left untreated, can over time go beyond being plain irritation and lead to dangerous complications such as an ulcer, erosive esophagitis, or Barrett’s esophagus. Be sure to take advantage of the knowledge presented here and take the necessary steps to prevent or limit the impact of GERD’s potential complications on your health.

The most common GERD-related complications are:

**Fluid in the Sinuses and Middle Ears**

The sinuses and middle ears can also be affected by acid reflux. When reflux liquids enter the throat, they have the potential to inflame the adenoids. The adenoids swell and block the sinuses and Eustachian tubes, causing fluid to accumulate in the nasal passages, which leads to pain and discomfort in the sinuses and ears.

**Ulcers**

Ulcers, a break in the lining of the esophagus, are one of the many complications of GERD, especially when the condition is left untreated. Ulcers form when the reflux liquids irritate and inflame the esophagus for prolonged periods of time. In time and with intense “reflux activity,” ulcers can become more severe and cause bleeding that will require immediate medical intervention.

**Esophagitis**

Over time, when fluids from the stomach and digestive enzymes reflux into the esophagus, they cause inflammation in the lining of the esophagus. This inflammation, which can lead to
bleeding, is called esophagitis. The symptoms of esophagitis are anemia, vomiting blood, and black stools. Esophagitis can develop into severe ulcers that lead to pain when swallowing, scarring, and narrowing of the esophagus.

There are several other causes of esophagitis. Among them are radiation treatment for breast cancer, obesity, smoking, alcohol, and anti-inflammatory drugs (NSAIDs).

Having esophagitis can be confirmed using endoscopic tests. However, it is most advisable to combine that with a biopsy of the inflamed tissue to eliminate the occurrence of cancer of the esophagus.

**Stricture**

Multiple scars within the esophagus formed by healed ulcers and recurrent inflammation can over time narrow the width of the esophagus (the opening of the LES), causing significant difficulty in swallowing food. The opening can shrink to a tiny hole (and mimic the difficulty of fluid to pass through a clogged sink drain) where large pieces of food can practically block the esophagus. Diagnosis is important when stricture occurs since cancer can mimic the symptoms of stricture. Endoscopy can be used to remove particles of food that are stuck in the esophagus. In severe cases, surgery is required to widen the esophageal passage.
Barrett’s Esophagus

Over time, esophagitis or reflux disease, left untreated, can lead to a dangerous condition called Barrett’s esophagus. Barrett’s esophagus is characterized by a cellular change in the lining of the esophagus that may lead to esophageal cancer. When Barrett’s esophagus occurs, the squamous cells (the cells that line the esophagus) change into different types of cells called columnar cells (a process called metaplasia). When metaplasia occurs, the lining of the esophagus is damaged in a way that makes it thick and hardened (causing the lining of the esophagus to be replaced by a type of tissue similar to that normally found in the intestine) and thus prevents food from entering the stomach. Metaplasia is an irreversible process in the vast majority of cases.

Barrett’s esophagus is uncommon among children and is most likely to occur among men over 45. About 5% to 20% of people with Barrett’s esophagus will develop cancer called esophageal adenocarcinoma.

Esophageal adenocarcinoma is not curable in most cases, partly because most diagnoses are done in late stages when treatments are not effective. This is the main reason why endoscopic screening is so important as it can monitor the changes made in the tissue of the esophagus. If the tissue looks suspicious, then a biopsy should be performed. A small tissue from the lining of the esophagus is removed and examined by a pathologist. It’s important to note that a surgical procedure for treating acid reflux will not cure Barrett's esophagus.

Stomach Cancer

H. pylori is also associated with up to 80% of all cases of stomach cancer, making it the only bacterium in the world to be recognized as a Grade 1 Carcinogen by the World Health Organization. Since then, it has been widely accepted that colonization of the stomach with H. pylori is an important cause of gastric cancer and of gastric mucosa-associated lymphoid tissue (MALT) lymphoma.

What is gastric cancer?

Gastric cancer, or cancer of the stomach, is the second most common cause of cancer-related deaths in the world, killing approximately 738,000 people in 2008. According to NCI’s Surveillance, Epidemiology, and End Results (SEER) Program, an estimated 21,600 people in the United States will be diagnosed with gastric cancer and 10,990 people will die of this cancer during 2013. Gastric cancer
is less common in the United States and other Western countries than in countries in Asia and South America.

Infection with H. pylori is the number one cause of gastric cancer. Clinical studies in rodents have shown that when they are infected with H. pylori, they develop gastritis that progresses to gastric cancer.

Epidemiologic studies (studies of large populations of people over time) support the link between H. pylori and cancer of the stomach. Over a 30 year period, the risk of developing gastric cancer is about 1 in 97 in infected individuals, compared to 1 in 750 in uninfected individuals, over a 30-year period. Thus, the risk of developing gastric cancer in H. pylori-infected individuals is about 8 times higher than in uninfected individuals.

Other large studies have shown that individuals infected with H. pylori have an increased risk of gastric adenocarcinoma, a type of cancer cell. For example, one study showed that the risk of developing gastric cancer is nearly 6 times higher for H. pylori-infected people than for people without H. pylori. In another study in Finland, the researchers found that people infected with H. pylori had nearly 8 times the risk of developing gastric cancer. Other risk factors for gastric cancer include chronic gastritis; older age; male sex; a diet high in salted, smoked, or poorly preserved foods and low in fruits and vegetables; tobacco smoking; anemia; a history of stomach surgery for benign conditions; and a family history of stomach cancer.
Section Two – Natural Medicine vs. Conventional Medicine (The Crucial Differences)

Conventional Medicine

While natural medicine perceives the human body as a complete holistic system connected to nature, conventional medicine treats the body as separate physical organs.

Conventional medicine has failed to acknowledge the sad truth that man, along with all living creatures, will never be compatible with artificial chemicals, no matter how identical these chemicals may look, feel, and smell compared to the natural adversaries (e.g., an orange-flavored beverage vs. a freshly squeezed orange).

Synthetic chemicals cannot be truly or completely absorbed by the body. Because of their artificial form, synthetic chemicals of any kind are incomprehensible to the body. This is why these chemicals cannot enter your system without creating some disturbance or difficulty.
While holistic medicine’s goal is to restore the body back into a state of inner balance, to increase optimal genetic function, and to help the body cleanse and heal itself, conventional medicine focuses its entire efforts on “making the patient comfortable” and by calming the pain with drugs and ointments, which function as patches to the symptoms of the disease.

The Sad Truth of Heartburn Medications and the Medication Trap

The sad truth is that most doctors care more about your money and their status rather than your well-being. Other doctors do care about your health, but all the while they are fixated on a single stream of scientific thought and empirical research.

These doctors are under monstrous pressure from drug and pharmaceutical companies to prescribe topical treatments, creams, ointments, and antibiotics. Drug and pharmaceutical companies are the main financial backers of acid reflux research, and they have all the interest in the world in not admitting that drugs are mostly worthless, harmful, and expensive.

Very few doctors have gone through that leap of faith and become more connected with nutrition. Unfortunately, they are rare exceptions.

The truth is we are all aggressively hypnotized on a daily basis. We are kept in a state of fear because it sells more medicine.

The disturbing truth is that the medical establishment and the pharmaceutical companies do not want to find a cure for a disease such as cancer, AIDS, or GERD. They want to continue to sell drugs that merely alleviate the symptoms to keep you needy so you’ll spend more money and they will make more profit.

One of the fundamental mistakes of Western medicine thinking is its tendency to classify many illnesses as genetic disorders. This approach leads many to believe they are actually born
with that certain disease and there is nothing they can do to fix it.

This partly explains why Western medicine has such a pre-designed methodical practice aimed at alleviating the symptoms while ignoring the true causes of illness.

Ironically enough, by taking medicines for the rest of your life, the Western medicine approach of “there will be no cure” becomes the truth.

The truth is that although we are born with certain genetic tendencies and weaknesses, we do have control over our health and well-being.

By understanding the internal problem that caused the disease, by listening to your body, by taking responsibility over your health, and by making the necessary changes (lifestyle, dietary, and internal cleansing), you can regain your health and take control over your life without the cost and side effects of conventional medicine.

It’s time to wake up.

What GERD Treatments Does Conventional Medicine Offer?

Conventional medicine offers several treatments to deal with acid reflux. I have used all of them, but unfortunately none has eliminated my GERD condition and the symptoms associated with it. This is mainly because most of these treatments, over-the-counters in particular, are focused on the symptoms of the disease as they provide “patches” rather than address the root factors.

In fact, some conventional anti-acidic treatments can effectively alleviate the symptoms. But there are two caveats to those treatments:

1. They work temporarily. Reflux is a complex condition. To effectively eliminate it, you must neutralize the environment that keeps it alive. Reducing the inflammation in the esophagus will be like cutting the plant but leaving the roots. It will grow again.

2. Most anti-acidic treatments also carry myriad side effects, some of which are serious.
Over-The-Counter (OTC) Medications, Prescription Treatments and Surgical Procedures

A sudden aggravation of your reflux condition can be relieved almost immediately by using over-the-counter (OTC) drugs. However, many OTCs that may aid digestion or help reduce acidity have several potential problems. OTCs can actually aggravate your condition in the long run by irritating your stomach or esophagus lining.

Although OTCs have fewer known side effects than prescription treatments, they can still have side effects, even life threatening ones. Among them are severe ulcers and stomach bleeding. As a rule, you should avoid purchasing OTCs without consulting your doctor even if symptoms are severe. In the majority of cases, following the principles of the Heartburn No More™ program will help eliminate and prevent such occurrences naturally and without side effects.

That said, here is some information about OTC treatments and their effects on acid reflux:

**Antacids**

Antacids are drugs aimed at neutralizing stomach acid by emptying the acid from the stomach. In this way, the reflux liquid will contain no acid. Although antacids work very fast, their effect is quickly reduced as acid re-accumulates in the stomach. Antacids are most effective if taken either just before eating or an hour after a meal. This way antacids will stay in the stomach longer, and their effect will increase.

The effect of neutralizing acid stomach is achieved using three basic salts – magnesium, calcium, and aluminium – with hydroxide or bicarbonate ions.

The problem with calcium-based antacids is that they also stimulate the release of a hormone called gastrin that is mainly responsible for stimulating the production of stomach acid,
which is counterproductive. Antacids also have some side effects including constipation, diarrhea, and nausea.

**Pepto Bismol**

Pepto Bismol is a famous antacid OTC product that may temporarily soothe acid reflux and IBS (irritable bowel syndrome) symptoms, ease nausea, and help digestion. Pepto Bismol contains bismuth subsalicylate, an active ingredient that impedes the growth of bacteria, particularly H. pylori, (a bacteria related to ulcers), and aspirin. Pepto Bismol can cause side effects such as ringing in the ears.

If your acid reflux does not respond well to OTC treatments, then your doctor may prescribe a number of antacids or drugs that stop the production of acid or aid the muscles to empty your stomach.

**Foaming Agents**

Foaming agents are drugs that help cover your stomach contents with foam to prevent acid reflux. They contain a combination of aluminum hydroxide gel, magnesium trisilicate, and alginate. Foaming agents are best taken after meals and in combination with other drugs to maximize their effectiveness. If your esophagus is damaged, then foaming agents are useless.

**H2 Blockers**

H2 blockers (histamine antagonists) suppress acid production by attaching themselves to the receptor cells in the stomach. H2 blockers do that to prevent histamine (They block histamine type 2) from stimulating the production of acid. If you suffer from inflammation in the esophagus, then H2 blockers are useless, but they can be effective at temporarily alleviating the symptoms of GERD. The difference between over-the-counter H2 blockers and those prescribed is the strength of the drug.

**Proton Pump Inhibitors (PPIs)**

Proton pump inhibitors are more potent than H2 blockers, and their success rate at alleviating the symptoms of GERD is far greater. PPIs work by blocking the production of acid in your stomach while helping your
esophagus to heal in case of inflammation as they protect it for any contact with acidic reflux. PPIs are usually used when H2 blockers prove to be ineffective. They are best taken before meals.

**Prokinetics**

Prokinetics, also called pro-motility drugs, are aimed at helping your stomach expel content more rapidly, enhance the stomach muscle tone, and strengthen the LES. Pro-motility drugs are most effective when taken before meals and at bedtime. However, prokinetics can cause some side effects and are not helpful at treating complications of GERD or at relieving the symptoms of acid reflux.

If your heartburn does not improve with lifestyle changes, OTCs, or drugs, you may need additional tests such as barium swallow radiograph, pH monitoring, endoscopy, and biopsy, and you may be advised by your doctor to undergo the following procedures:

**Surgery**

Surgery should only be considered when no improvement has been made using OTCs or through the treatment of drugs. This is crucial in cases where the regurgitation is chronic, cannot be treated by drugs, and results in lung infection. Some reflux sufferers may go for surgery when a large volume of drugs is needed to control their symptoms. Doctors may often recommend surgery when Barrett’s esophagus occurs to eliminate GERD and to prevent cancerous growth in the esophagus.
**Fundoplication**

Fundoplication, also called Nissen fundoplication, is a standard surgery with numerous potential complications and therefore it is not recommended except when every other treatment has failed. In this surgery, the fundus are wrapped around the esophagus as the upper part of the stomach is wrapped around the LES. This is done to prevent refluxed liquid from entering the esophagus and to strengthen the LES muscles while allowing food to enter the stomach.

There are several potential complications to fundoplication, among them are:

- Nausea
- Abdominal cramping
- Gas bloat syndrome
- Hiatal hernia
- Inability to burp or vomit
- Retching
- Small bowel obstruction
- Pale skin
- Swallowing problems
- Hypoglycemia

**Implants**

An alternative to surgery that was once approved by the FDA is the implant of a spongy solution called Enteryx, which is injected during endoscopy and prevents the stomach liquids from refluxing into the esophagus. Enteryx was usually approved only for GERD sufferers who responded positively to proton pump inhibitors.

However, in 2005 the FDA recalled Enteryx after several injuries and one death. The Food and Drug Administration criticized the Enteryx marketer (Boston Scientific Corp.) for “ongoing systemic violations” of quality-control standards and said it wouldn’t approve new products from the company until the deficiencies were corrected.

**The Holistic Medicine Way**

Natural medicine, or holistic medicine, yields to nature and its everlasting laws. It’s not preoccupied with diagnoses or cures simply because of the belief that what causes a disease to exist in the human body is the body itself being incomplete. The laws responsible for illness cannot exist in a healthy and complete body. A good allegory to that perception is that darkness cannot exist in the presence of light.
Holistic medicine perceives the body as a whole (body, mind, and spirit) and not by the sum of its organs. According to holistic medicine, everything you absorb (attitudes, beliefs, chemicals, or food) directly affects your system as a whole in a negative or positive way.

For that reason, holistic medicine aims to avoid any intrusive approaches to healing but rather nourishes the approach of building a strong immune system, increasing the body’s functionality and enhancing spiritual and mental strengths and stabilities.

Natural medicine yields to nature and believes in the individual obligation to clean the body from any unnatural residues. A body cleansed from any unnatural elements is more harmonized with nature and thus more rejuvenated and vitalized. Unnatural elements can be synthetic or unnatural foods, polluted air and water, inadequate exercise, accumulations of toxins in your body, and any extreme activity that does not yield to the laws of nature.

A disease occurs every time the body deteriorates when it is in an imbalanced state or disharmony due to excessive toxicity or inadequate nutrition (deficiency of force). The symptoms of the disease can only point out that something is wrong and that the body is in a state of imbalance and danger. Most illnesses occur when the body's cleansing organs cannot remove all the excessive amounts of toxics that get into the cell walls, bones, hormone receptors, tissues, and even cell surfaces. In most cases the moment toxins enter your system, the disease begins. When symptoms occur, it’s often too late as something has already been damaged.

Natural medicine believes that by allowing the body to conduct its internal cleansing process of removing toxins, also known as detoxification, along with restoring it to a state of balance with the right nutrition, more than 90% of illnesses can be healed by the body itself.
Chapter 3

The Heartburn No More™ 48 Hour Quick Results Mini Program
Introduction to the Heartburn No More™ 48 Hour Quick Results Mini-Program

The Heartburn No More™ System is aimed at individuals who suffer from mild to severe forms of GERD. As you already know, the main purpose of the program is to eliminate the root factors or the internal environment that contribute to acid reflux rather than addressing the symptoms.

As such, Heartburn No More™ takes time and a certain amount of effort to complete. After years of compromise (poor dietary choices, depriving the body of its nutritional requirements, stressful lifestyle, intake of harsh and harmful medications, etc.), it’s only logical that it will take time for the body to heal, cleanse, and rebuild itself to restore its delicate natural balance (an environment where heartburn cannot exist).

With that said, I get constant e-mails, either from individuals who suffer from mild cases of heartburn or people with relatively stressful and demanding schedules (such as work-at-home moms, dot-com people, brokers, etc.) asking for a lighter, more convenient program that would better fit their busy lives.

So if you’re extremely busy and obviously cannot afford to follow all the protocols mentioned in the Heartburn No More™ program, then here is a “48 Hour Quick Results Mini-Program” I have created especially to suit your needs.

It’s relatively short, very practical, simple, and easy, and if followed correctly it can yield significant results on your heartburn condition.
Chapter 3

The Heartburn No More™
48 Hour Quick Results Mini-Program

Phase #1: Eliminate Acid Reflux Symptoms

There is in fact an easy, safe, very simple and 100% natural protocol that will eliminate those annoying symptoms in less than 2 days.

For that purpose we will eliminate foods that relax the LES and irritate the esophagus, acidic foods and gas-forming foods and eat only soft foods to allow the esophagus to heal. We will also improve digestion and use 100% natural items that will immediately relieve your symptoms once you experience heartburn.

The items needed for the following protocol are extremely cheap and are readily accessible. You can easily find them in your fridge or in your local health food store.

Now, before we introduce the 2-day reflux relief treatment, let’s discuss the natural items required for the protocol.

Conduct a Stomach Acid Test

Before we start the 2-Day reflux Relief Treatment, we want to get a rough indication whether your stomach produces enough hydrochloric acid. Instead of the more common methods of stomach acid assessment that involve a visit to a doctor (Heidelberg test or taking Gastrocaps), we’re going to use a simple, quick, and easy home remedy for a rough assessment of acid stomach.

For the purpose of this test we will need baking soda and cold water. You will also need a watch.

First thing in the morning, before you put anything in your mouth, mix a quarter teaspoon of baking soda in eight ounces of cold water, drink the solution, and time five minutes.

How did you do?

If you have belched once or several times within three minutes, then your stomach is producing enough hydrochloric acid. If you belched re-
peatedly, then you probably have excessive amounts of hydrochloric acid.

If you haven’t belched at all, within five minutes, then you probably have inadequate stomach acid.

**Hypochlorhydria is a condition where hydrochloric acid is lacking.** Since Hydrochloric acid is crucial for digesting food and assimilating nutrients, and for killing many forms of bacteria, candida, and parasites, Hypochlorhydria can result in malnutrition, immune responses, and auto-immune diseases and many gastrointestinal disorders such as gastrointestinal infection, gas, indigestion, poor appetite, prolonged fullness after meals, bloating, constipation, acid reflux, and diarrhea. Hypochlorhydria is more common among individuals over the age of 65.

**Secret Natural Items to Eliminate the Symptoms of Acid Reflux**

**Secret Item #1: Raw Honey**

Fine textured crystals characterize raw, pure, unheated, and unprocessed honey. Good quality honey does not drip and has a smooth texture. Raw honey has proven anti-bacterial, antiviral, and antibiotic properties. It’s a powerful antioxidant, and most importantly it works fast and has a powerful ability to heal wounds and treat infections including inflammation in the esophagus.

The following resource outlines the many wonderful benefits of raw honey: [https://www.honey.com/about-honey/honey-benefits](https://www.honey.com/about-honey/honey-benefits)

**Secret Item #2: Powdered Medicinal Charcoal**

Charcoal adsorbs more toxins, drug poisons, and chemicals than any other substance known to mankind. It has the potential to absorb most organic chemicals, many inorganic chemicals, and countless poisonous substances before they can cause harm.

While how well it works depends on several factors, charcoal has the ability to absorb a toxin, inactivating it and carrying it inert through the entire length of the digestive tract and out of the body.
More health practitioners have become conscious of the fact that activated charcoal is the best single supplement for enhancing detoxification and thus preventing cellular damage, diverse diseases, allergic-like reactions, compromised immunity, and premature aging. It is also a potent life-extending agent.

Activated charcoal lowers the concentration of total lipids, cholesterol, and triglycerides in the blood serum, liver, heart, and brain. It reduces the activity of several viruses (like cold or the flu), and in our case, it can be an effective companion to any treatment of systemic Candida albicans infections and has been used by physicians since the last century to treat various intestinal complaints (gas, ulcerative colitis, diarrhea).

Studies have proven that activated charcoal is basically harmless. Activated charcoal is highly absorbent and thus when ingested at the same time as medication, supplements, and foods, it may decrease their utilization. Therefore, always allow two hours before and wait two hours after using activated charcoal to eat, take supplements, or swallow medication.

The optimal and most effective way to take charcoal is not as pills or as liquid preparation of charcoal powder (it is unpalatable and messy); the best way would be to add bentonite to the powder-water mixture (it will reduce powdery mouth-feel and improve the taste without reducing the efficacy of activated charcoal).

For almost immediate relief from heartburn, mix one tablespoon of activated charcoal powder, with one tablespoon of bentonite powder, and add to a tall glass of water.

If you cannot find a high-quality food grade charcoal powder, then capsules should be your second choice: http://www.buyactivatedcharcoal.com/activated_charcoal_capsules_125

**Secret Item #3: Powdered L-Glutamine**

L-glutamine is an amino acid that is helpful to maintaining a healthy digestive system and can also provide relief for acid reflux sufferers (espe-
cially those who can’t digest cabbage or carrot juice).

L-glutamine provides a boost for the immune system and serves as a barrier against toxins and bacteria that enter the stomach with food and water.

A teaspoon of L-glutamine powder in four ounces of water taken with each meal can help relieve acid reflux symptoms, gastritis, and even stomach ulcers, irritable bowel syndrome, and heartburn.

https://amzn.to/2N1FWd6

Secret Item #4: Apple Cider Vinegar

Apple cider vinegar is a powerful anti-septic and antibiotic drink. You should buy only raw and unfiltered apple cider made from organic apples. After you drink it, apple cider vinegar will act as a powerful cleanser and help maintain the acid-alkaline balance in your intestines. Look for it at your local health food store. I recommend buying the Bragg brand as it’s inexpensive and works extremely well.

Check out the following resource for more information on Bragg’s ACV:


Important note: Apple cider vinegar is extremely helpful for individuals who lack Hydrochloric acid. If you did not belch at all within five minutes during the acid stomach test, then apple cider vinegar can help. However, if you belched within two to three minutes, then your stomach produces adequate amounts of acid and in most cases the ACV will not help in relieving the symptoms.
If and only if your acid reflux condition is triggered by too little acid in your stomach, then apple cider vinegar should be your choice. Otherwise, if you have normal to extreme production of acid in your stomach and especially if you’re developing an ulcer, ACV will not help you and can even make your acid reflux condition worse.

**Secret Item #5: Calcium Tablets**

Calcium is the cheapest yet most powerful long-lasting and fast-working antacid compared to conventional antacid medications. Taking two calcium tablets before bedtime can work fast to end a GERD attack and earn a good night sleep.

When you take calcium tablets, choose the smaller ones and break them into smaller pieces. I would not recommend making a powder out of the tablets since we want larger chunks of calcium moving down your intestines and stomach similar to chewing them. The logic behind this is that it would take more acid to digest these calcium chunks and thus the chunks of calcium would absorb more acid.

Note: Regardless of how effective calcium may be to your condition, taking calcium tablets on a regular basis is not a good idea. I would use calcium as a last resort and only for emergency cases where none of the acid reflux relief agents mentioned above is available.

**The 7 Reflux Relief Principles**

The following 2-day reflux relief treatment has already helped thousands of men and women suffering from heartburn. The treatment can work on mild to severe localized cases of GERD and consists of seven principles:

**PRINCIPLE #1: EAT SOFT AND CLEANSING FOODS FOR TWO DAYS.**

For a period of two days or so, allow your esophagus to heal from excessive acid damage. Avoid all crunchy and hard foods such as popcorn, cookies, toast, breakfast cereals, and nuts as they may scratch your esophagus and make the damage worse. Instead go for soft and cleansing...
foods to allow your esophagus to rest: cooked veggies, soft fruits, soup, egg yolks, mashed potatoes, whole wheat/rye pasta (no acidic sauces), yogurt, brown rice, sprouts, cooked fish, and wheatgrass.

**PRINCIPLE #2: AVOID FOODS THAT RELAX THE LES AND IRRITATE THE ESOPHAGUS, ACIDIC FOODS, AND GAS-FORMING FOODS FOR TWO DAYS.**

Stay away from foods known to weaken or irritate the LES: fried and high-fat foods, spicy foods, butter, margarine, mayonnaise, desserts, and nuts. Try to avoid all acidic foods and gas-forming foods as well: alcohol, coffee, beer, legumes, beans, and carbonated soft drinks.

**PRINCIPLE #3: STOP SMOKING FOR TWO DAYS.**

Smoking relaxes your LES and irritates your throat, which allows more acid to reflux into the esophagus. If you smoke, then you must avoid smoking for at least two days. I cannot recommend this enough. Do everything in your power to completely or significantly minimize your smoking. For more information see dietary principle #7.

**PRINCIPLE #4: CHEW YOUR FOOD THOROUGHLY AND DRINK WATER AFTER EVERY MEAL FOR TWO DAYS.**

Chewing your food is not only a rule of thumb of optimal digestion, but it will also make your food softer. That
means less damage to the esophagus and LES. Additionally, and although it contradicts the principles of optimal digestion, you should wash down your food with a glass of water after every meal. This will help cleanse your LES, allow it to close better, and prevent acid from contacting the esophagus.

**PRINCIPLE #5: STAND UP AND LOosen RESTRICTIVE CLOTHING EACH TIME YOU FEEL reflux SYMPTOMS.**

By definition you should avoid lying down for at least two hours after meals and wearing tight clothing. When you feel sudden heartburn or acid reflux, stand up or sit up and loosen restrictive clothing.

**PRINCIPLE #6: TAKE ONE OR TWO TEASPOONS OF RAW HONEY EACH TIME YOU FEEL reflux SYMPTOMS.**

Take one teaspoon of raw liquid honey every time you have an acid reflux attack or heartburn discomfort. It will soothe your esophagus and allow it to heal. Take the honey before bedtime as well. Warning: Do not give honey to children as it can be fatal.

**PRINCIPLE #7: TAKE ONE OR TWO TEASPOONS OF CHARCOAL POWDER, L-GLUTAMINE, CALCIUM TABLETS, OR APPLE CIDER VINEGAR (ACV) EACH TIME YOU FEEL reflux SYMPTOMS.**

The combination of honey and activated charcoal powder is almost guaranteed to do wonders for your reflux symptoms.

For some GERD sufferers, the stomach isn’t producing enough acid needed for digestion, which means food stays longer in your stomach, ferments, and causes gas that aggravates your heartburn. Take one or two teaspoons of ACV when you feel reflux symptoms. ACV will help to digest your food better because it’s so acidic. In the long run, it will increase your pH balance since it is alkaline-forming.

You’ll probably feel a temporary burning sensation for about five seconds or so, but this feeling should subside and you’ll feel great relief.

Be sure to check the bonus appendix for more valuable feedback from our customers, and don’t be afraid to try each of the tips. It just may be your wonder relief remedy.

Following the reflux relief treatment will heal your esophagus, eliminate your reflux symptoms, and make you feel great relief.

Important: If after the 2-day reflux relief treatment you are still suffering from GERD symptoms, then I strongly recommend you consult your doctor and get a further diagnosis. However,
it would still be highly beneficial for you to follow the 5-step holistic Heartburn No More™ System.

**Phase #2: Diet, H. Pylori, Cleansing**

**Dietary Changes**

Follow the 10 dietary principles.

**Basic Immune and Digestive System Enhancement Supplements**

Take the following supplements for 2 days straight: coconut oil, digestive enzymes, chlorella, carminatives, bitters, and demulcients.

**Detox and Parasite Cleanse**

Perform a 2-day detox diet

**Specific Anti-Candida Supplements**

Take the following supplements after you have detoxed your system and performed the parasite cleanse: magnesium caprylate, oregano oil, olive leaf extract, Candigest.

**Tackle H. Pylori Infection**

Consume the most potent foods and take the 4 main supplements aimed at inhibiting Helicobacter infections

**Replenishing and Re-Colonizing Friendly Bacteria**

Take either of the following probiotic supplements on a daily basis after you have killed Candida: Primal Defense or Rebalanced Health Probiotic Plus. Complement with prebiotic foods.

**Phase #3: De-Stress**

**Stress Control**

Follow at least one stress control protocol, exercise regularly and make sure you get at least seven hours of quality sleep. Follow the sleep optimization tips.
Chapter 4

The Holistic 5-Step Heartburn No More™ System
Introduction to the Holistic Heartburn No More™ System

This chapter is divided into three sections. Section One introduces the 5-step holistic Heartburn No More™ System. Section Two outlines the protocols that need to be completed throughout the program (stress control, sleep optimization, exercise). Section Three outlines the maintenance and prevention part of the program.

The Heartburn No More™ System is a proven self-applied system that has been developed, polished and perfected over seven years of intensive research through my own personal voyage as well as speaking with countless reflux sufferers, naturopaths, nutritionists, herbalists, and homeopaths.

The Heartburn No More™ System eliminates the root factors that create the environment in which heartburn can thrive without the costs and side effects of OTC and conventional drugs. It uses a multi-dimensional combination of protocols in a specific order. It’s not only 100% natural but is also safe and extremely effective.

Most of the items needed to complete the program can easily be found in your home, local supermarket, or health food store. A few of the items can be ordered online.

The dietary changes, inhibiting H.Pylori infection, the detoxing, parasite cleansing, supplementation (the ba-
sic and specific anti-Candida supplementation) as well as flooding your system with probiotics are the building blocks of the Heartburn No More™ System.

Stress control, exercise, and sleep optimization are also important protocols that should be conducted throughout the program.

In most cases, skipping phases or doing only parts of the program will yield little or short-term results. Don’t do it!

The only way to permanently eradicate GERD is by neutralizing the environment that maintains it. Implementing all of the essential steps in the program in the order they appear is all it takes to achieve permanent freedom from reflux and its associated symptoms.

If you’re sick and tired of the conventional approach that only scratches the surface of your condition, if you’re frustrated with the costs and side effects of drugs and over-the-counter medications, and if you feel it’s time to take control over your health and well-being, then read the rest of this chapter carefully. Then apply the steps in the order they appear. It will be the last solution you’ll ever need, and even better – you’ll feel relieved, energized, vibrant, young, healthy, and alive as you have never felt before. Guaranteed!

Simply follow the five steps on the left and throughout the program implement the protocols on the right, and your heartburn condition, as well as all the symptoms associated with it, will become a thing of the past.
Simply follow the five steps on the left and throughout the program implement the protocols on the right, and your heartburn condition, as well as all the symptoms associated with it, will become a thing of the past.
Section One –
The 5-Step Heartburn No More™ System

Step One: Dietary Changes and Digestion Optimization

Creating the perfect anti-reflux environment requires incorporating several dietary principles that in their most basic will reduce the formation of stomach acid and intestinal gas and maintain proper elimination and optimal digestion. It's important to avoid acidic and toxic foods and foods that weaken or irritate the LES.

Optimal digestion is the last and most important principle of our new anti-reflux dietary plan. If food is not completely digested, then partially digested particles enter the blood stream and feed Candida and other parasites that lead to intoxication and even poorer digestion – the root cause of the majority of Western ailments including reflux. Therefore, ensuring effective digestion should be one of your primary concerns.

Adhering to these 10 principles is guaranteed to make a dramatic impact on your GERD symptoms as well as your overall health and well-being.

Dietary Principle #1: Lowering Fat and Cholesterol

Some fats heal and some fats kill. Although good fats (omega-3 fatty acids, olive oil, canola oil) in small quantities are essential for many of the body’s functions, consuming too much fat such as saturated fats and especially those from the bad kind (hydrogenated fats or refined oils) can cause
chronic diseases (cancer, stroke, heart disease) and numerous digestive problems. As far as GERD is concerned, too much fat can make the gallbladder work harder and weaken the LES, allowing acid to reflux to the esophagus.

A low-fat diet will relieve heartburn and IBS, prevent colon cancer, diarrhea, and cramps, and help you control your weight (too much weight can aggravate acid reflux).

Your goal in relieving heartburn will be to consume fats no more than 30% of your daily calorie intake and strive to consume fats from the good kind while minimizing or completely eliminating the dangerous poisonous fats.

The good fats are olive oil, flaxseed oil, borage oil, avocados, almonds, fish oil, and walnuts. The bad fats are the hydrogenated fats and refined oils such as margarines, most desserts, refined soybean oil, refined sunflower oil, and refined corn oil. You should limit saturated fats such as cheese, lard, meat fat, butter, cream, and mayonnaise.

**Lowering cholesterol** intake can have a dramatic positive impact not only on your digestive disorders including GERD, but also it can protect your arteries and prevent chronic conditions such as heart disease and stroke.

Avoid or sparingly consume foods that are rich in cholesterol.

**Dietary Principle #2: Increasing Fiber**

Low-fiber diets have been associated with colon cancer and hiatal hernia, which is linked to GERD. Consuming low amounts of fiber can cause serious digestive problems and poor elimination of food; both are the major causes of acid reflux and other chronic diseases. High-fiber diets will help absorb and sweep away toxins and thus prevent many illnesses, increase the bulk in your stool and help it pass more quickly through the bowel, relieve constipation, help heal and prevent ulcers, and control blood sugar levels and your weight.
How Much Fiber a Day?

For a complete healthy diet you need both soluble fiber (dissolves in water and comes from oatmeal, fruits, and vegetables) and insoluble fiber (does not dissolve in water and comes from whole grains such as wheat bran, peels of vegetables and fruits, and outer layers of seeds). Each of the fiber types has different functions.

Dairy products and animal food products have no fiber at all while the non-starchy vegetables are excellent sources of fiber.

A good amount of fiber should be from 25 to 40 grams per day. However, if you have enough non-starchy vegetables and sprouts as part of your diet and you eat your fruit and vegetables unpeeled (when possible) and avoid excessive protein consumption, then you shouldn’t worry about having fiber deficiencies.

Dietary Principle #3: Reducing Spice Content

It’s known that spicy foods, especially if eaten on an empty stomach, can aggravate digestive disorders such as esophagitis, leaky gut syndrome, or irritable bowel syndrome (IBS), and they can cause sudden spasm in the esophagus and encourage acid production.

Most reflux-aggregating spices are garlic, chili, curry, black pepper, cloves, and mustard seed. Paprika, cinnamon, sage, and thyme are the least aggravating spices. You can add rosemary, basil, and other herbs to your diet instead of the aggravating ones to complement your meals with additional flavor and nutritional value.

Dietary Principle #4: Reducing Dairy Consumption, Lactose, and Fructose

Dairy products, especially cow’s milk, are probably the most notorious heartburn-aggravating products you can find. They cause allergies, create heavy mucus, and clog your digestive tracts as they become like glue once entering your bowels. Dairy products
are loaded with hormones injected to the animals to increase their capacity to produce milk. Dairy products are filled with antibiotics, which are destructive to your body and hormonal balance.

In fact, humans are the only species that drink the milk of other species. The problem is that we cannot digest the milk and process the protein as calves do. Our digestive system is built differently. This often leads to multiple types of allergic reactions, mucus buildup, and digestion problems that encourage Candida overgrowth that also leads to GERD.

Milk is also pasteurized, a process that converts the sugar in milk into beta-lactose, which absorbs faster in the blood and has a similar effect on your body as sugar (see sugar). The pasteurization process also makes the calcium in milk insoluble. And yes, milk can cause bad teeth and osteoporosis as it leeches calcium from your bones.

Milk is also highly acidic. It increases the production of stomach acid, which can aggravate acid reflux and lead to many ailments (see dietary principle #8).

A great substitute for butter is sesame seed butter. This is ground whole sesame seeds (not the regular tahini), a wonderful source of protein and calcium containing more than 1100 mg of calcium per 100 g.

Good alternatives to dairy products include nut milks (sesame, almond, etc.) and nut creams (cashew, macadamia, etc.). Soy products can also serve as an alternative but should be consumed sparingly because excessive consumption has been linked to thyroid problems.

Goat and sheep’s milk products are also excellent alternatives, preferably if milk is not pasteurized. It’s advisable, however, to make an allergy and elimination diet test before switching to goat or sheep products.
As for chocolate, if you must, then go for dark chocolates (no dairy ingredients, preferably with high percentages of cocoa solids). I personally have found chocolates based on carob powders to be extremely tasty.

Reducing the consumption of lactose (the infamous sugar found in all dairy products that causes intestinal ailments among many people with lactose intolerance) as well as eliminating most dairy products from your diet will help relieve many of the symptoms of GERD. It may also eliminate allergies, improve digestion, and reduce the occurrence of gas and diarrhea and other digestive disorders.

Sugar fructose, mainly found in soft drinks, beverages, and many foods in the form of high-fructose corn syrup, can cause many digestive disorder symptoms such as abdominal pain, bloating, gas, and diarrhea since many people cannot completely absorb it.

Simply reduce or completely eliminate fruit drinks, high-fructose corn syrup, soft drinks, and dried fruit from your diet.

**Dietary Principle #5: Reducing Gas-Forming Foods**

The problem with gas, a natural part of the digestion process, is that people with GI disorders may negatively react to even the smallest amounts of gas formation, which can lead to IBS and spasm in the esophagus and thus aggravate GERD. Because certain foods are more gas-forming than others, eliminating these foods from your diet may definitely result in the reduction of most GI disorders and the improvement of GERD symptoms.

Known gas-forming foods that you should consider eliminating from your diet are most beans and legumes and cruciferous vegetables including broccoli and cabbage. If you must, then eat beans, soak them overnight, and cook them slowly to reduce gas.

Adhering to the optimal digestion principles (see dietary principle #10)
can also dramatically reduce excessive gas.

**Dietary Principle #6: Low Calories**

Controlling calorie intake and thus sustaining normal body weight is crucial for maintaining an acid-reflux-free environment. Obesity and excessive weight can cause serious chronic conditions such as cancer, heart disease, and diabetes. They can also lead to digestive problems including liver and pancreatic disorders and acid reflux since the pressure under the LES is increased when there is extra weight in the abdomen.

Cutting calories for losing weight and for the prevention of many chronic conditions related to being overweight will be more effective if we learn to eat healthy meals regularly while introducing healthier choices into our diet. This means consuming lower calorie foods and introducing a variety of highly nutritious foods into our diet while minimizing high-fat foods with low nutritional value.

Optimizing digestion (see dietary principle #10) and exercising regularly will dramatically help in losing weight and maintaining a healthy weight.

**Dietary Principle #7: Minimizing Toxic Foods and Foods that Feed Candida (Anti-Yeast Foods)**

**Sugar (outside of whole, natural foods)**

Processed or Added sugar is one of Candida’s most favorite foods.

Processed sugar (outside of whole natural foods like fruit) is a sugar cane that has been stripped of its essential fiber and nutrients. It has no protein, no calcium and no fat.

Sugar is a 100% chemical element unrecognized by your body. It practically robs your body of vitamins and minerals. When consumed, white sugar...
causes blood sugar levels to increase dramatically and quickly. The pancreas produces extra amounts of insulin to help the body metabolize the glucose in the sugar. This extra insulin quickly causes low blood sugar levels, which results in low energy and fatigue. In over-consumption of sugar, this process can also lead to diabetes.

But that's not all. When sugar is consumed, the body also produces other androgenic hormones to metabolize the glucose. These extra androgenic hormones stress the liver and create hormonal imbalance, which may lead to yeast infection. Furthermore, the liver converts sugar into long-chain fats that污染 your blood and may certainly enhance yeast infection and aggravate your candida overgrowth condition.

Sugar can also damage the immune system (compromising the defense against bacteria), produce an acidic stomach environment (ideal for Candida overgrowth and acid reflux), cause food allergies, increase the size of the liver (disrupting it from filtering toxins and used hormones), and encourages the development of bad bacteria in the colon. This means more stress on the organs of elimination, more toxins and acid reflux/heartburn.

If you forget anything you ever read here, I urge you to remember this: Stay away from processed and unnatural sugar, and eliminate it entirely from your diet ... period. Your body will reward you twice as much.

Tip: From now on, make it your duty to make sure every product you intend to consume does not contain sugar. That includes all sodas and sweetened fruit drinks. You need to recognize various terms for sugar including the more common ones: • sucrose • fructose • maltose • lactose • glycogen • glucose • mannitol • sorbitol • galactose • monosaccharide • polysaccharide
A danger called High Fructose Corn Syrup (HFCS)

We all love sweet things; they tingle our taste buds and give us that awesome satisfying feeling and of course are a source of energy for our bodies. One of the most common sources of sugar today is high-fructose corn syrup (HFSC). It is extensively used to sweeten most of the processed food available today. Most of us believe that sugar in the form of fructose (monosaccharide or simple sugar) is good for us and better than sucrose (table sugar). Small quantities of fructose: such as the amount found in most vegetables and fruits, is not bad at all. But consuming alarming amounts like seen in people today is very harmful.

HFCS is artificially made sugar. It comprises of 35% glucose and 65% of sucrose. Since it costs much less than natural sweetener and blends into most food items easily- it is so commonly used by manufactures today. Research shows that this may be very harmful and dangerous to our bodies. It not only pointlessly increases our sugar consumption, it also brings along the threat of overgrowth of candida yeast in the body. Aerated drinks are the source of 33% of our fructose consumption today. The advisable intake of fructose for us is 25gms (in a day). And a normal 600ml soda-can has almost 36gms of HFSC.

Some fruits and sweeteners comprise of alarming volumes of fructose. These must be totally avoided if you are experiencing any issues with your digestive system. Sugar in this form (HFSC) tends to clog the system and makes it tougher for it be broken down and absorbed by the body. Dried- fruits are known to have the maximum quantity of sugar in this form. One must restrain from having them as long as possible, if one is suffering from gas, bloatedness or having irregular bowel movements.

Health experts say that if the digestive track is giving you trouble, make sure you wait for it to improve before you re-introduce fructose to your diet.
And even this has to be done very systematically. Start with fruits that have lower levels of fructose such as berries then slowly move to the higher sources (only when the system is ready for it). And if the system shows any signs of a relapse when you move onto the high sources of fructose, you may have to go back to foods with lower levels of it.

Very important: make sure you strictly avoid all artificial sweeteners. Having said that, Stevia is considered a safe alternative for sugar and much sweeter.

White Flour, White Rice and Refined, Puffed Or Extruded Grains (Any Type Of Cereals, Puffed Rice And Bran)

These ingredients, once refined, are peeled out of their precious and nutritious pulp filled with vitamins and minerals. These foods become a glue-like stretchy substance. They clog your digestive tracts, resulting in toxic buildup, polluting your blood and contributing to Candida growth. Refined carbohydrates are also similar in their chemical structure to sugar, thus cause the same reaction. Extra insulin results in extra male hormones that contribute to yeast infection overgrowth which can aggravate your acid reflux condition.

Substitutes: Brown rice (preferably the long version and organic).

Once you make the transition to whole products, I guarantee your yeast infection condition and well-being in general will change for the better.

Gluten Grains

Rye, wheat, barley, bran and corn contain Alkylresorcinols which are compounds that appear to act as a toxin implicated in many pathological processes, including the death of red blood cells, as well as liver and kidney damage.

These gluten grains also contain Lectins, chemical substances that activate your immune system, contribute to inflammation and hormonal imbalance. Grains in general are acid forming, leach calcium, contribute to constipation and are addictive.

Substitutes: whole non-gluten grains (Brown rice, amaranth, teff, quinoa, buckwheat, millet) taken in moderation.

Hydrogenated Oils and Partly Hydrogenated Oils

Hydrogenated oils are changed molecular oils (Hydrogenation keeps oils and fats from going rancid). The result is a twisted fatty acid that your
body doesn’t recognize as such and acts as pure poison.

Hydrogenated oils once inside your system can:

- Clog your liver, spleen, muscles, and kidneys and create a dangerous toxic buildup because they increase fatty deposits. This can contribute to Candida overgrowth and heartburn.

- Disrupt the electrical flow responsible for heartbeat, cell division, nerve functions, and mental balance.

Hydrogenated oil is found in margarine, donuts, muffins, salad dressing, candy, cakes, soups, breads, fried foods, mayonnaise, hydrogenated and partly hydrogenated soybean oil, vegetable oil, and most processed foods.

Great substitute: pure extra virgin olive oil, flaxseed oil.

Red Meat

Red meat (beef and pork) consists of very harmful toxins – uric acid and steroids. Its hard-to-digest protein causes lots of digestion problems and allergies that help Candida overgrowth and aggravate GERD. It takes a lot of time for meat to pass through the human GI tract, which is significantly longer than that of animals, provid-
ing it plenty of time to rot in your system. This results in the aggravation of reflux as toxins are excreted into your blood.

Red meat also contains antibiotics, harmful hormones, and diseases the animal may have had, resulting in a disruption of hormonal balance and toxins in the blood.

If you can, then eliminate red meat completely from your diet. If you feel you have to consume meat, then go for slow-cooked organic meat and consume only small portions. Complement it with lots of fiber foods to ease its digestion such as high alkaline-forming, non-starchy vegetables.

Substitutes: organic chicken, organic fish.

**Egg Whites**

Egg whites can cause allergy problems as they are binding elements used to bind ingredients in a cake. Egg whites clog your system and are mucus-forming (similar to milk). The body also naturally defends itself from the egg protein as it enters the blood stream, leading to allergic reactions, Candida overgrowth, digestive disorders, and heartburn.

**Wheat Products and Yeasty Foods (Yeast, Beer, Mushrooms, Yeast Extract, Vinegar)**

Many individuals are allergic to gluten found in wheat products (flour, pasta, bread, etc.). Wheat itself, even without the gluten intolerance factor, is known to cause digestive problems due to its gluey nature.

Candida thrives on wheat and yeast.

Baker’s yeast, brewer’s yeast, engevita, torula and any other nutritional yeast, and all baked goods raised with yeast such as breads, rolls, crackers, bagels, and pastries should also be eliminated.

Mushrooms and yeast-related foods are suspected of encouraging the colonization and overgrowth of Candida and acid reflux as a result.

Vinegar is made with a yeast culture and should also be eliminated. Foods that contain vinegar include white vinegar, red wine vinegar, balsamic vinegar, mayonnaise, commercial salad dressing, ketchup, steak sauce, Worcestershire sauce, BBQ sauce, shrimp sauce, soy sauce, mustard, pickles, pickled vegetables, green olives, relishes, horseradish, mincemeat, and chili sauce.
Processed Foods and Preserved or Fermented Foods

Simplicity is one of the basic keys to an optimal anti-reflux diet, and for that matter any healthy balanced diet. Make it a habit to look at the list of ingredients of every product you buy. If you don’t recognize what the ingredient is or if it doesn’t sound natural, then don’t buy it. Don’t eat it. That includes all the e-numbers, additives, etc.

Avoid pickles, corn, ready-packed meals, preserved or fermented canned food, and TV dinners, which usually contain a large list of unidentified chemicals.

Alcohol and Caffeine

Alcohol consumption, besides its many devastating implications on your health, can also seriously aggravate existing GI disorders. Alcohol can damage the stomach lining, lead to gastritis, liver problems, diarrhea, Candida overgrowth, malnutrition, IBS, and reflux esophagitis.

Caffeine should also be strictly limited for the purpose of creating a reflux-free environment. Caffeine, among many other negative effects, also promotes the secretion of acid in the stomach and indigestion, and it decreases the pressure of the LES, which relaxes, allowing stomach content to reflux into the esophagus. Caf-
Feine is found in coffee, tea brewed in bags, domestic brands of tea, cola drinks, and chocolate.

Coffee substitutes made from bran, wheat, molasses, barley, rye, chicory, and beets are usually safe to drink. Herb teas and green teas make nice substitutes. Decaffeinated coffee is not a good alternative and is even worse than regular coffee.

Note about smoking and acid reflux: Smoking should be avoided, especially throughout the program, both for minimizing its hazardous impact on your health and for eliminating its negative impact on the esophagus. Smoking can seriously aggravate GI disorders and increase the chance of getting ulcers. It can also make acid reflux a lot worse by weakening the LES muscles, allowing acid to reflux into the esophagus.

**Dietary Principle #8: Consuming Lots of Cleansing Foods**

**Fruits**

Fruits are excellent cleansers and are loaded with vitamins and minerals. Fruits are also easily digested. Strive to diversify your fruit consumption. Eat fruits separately to help digestion. Strive to eat fruit on an empty stomach, and never peel the skin off when you can eat it. Avoid cooking fruits as it will cause the fruit sugar to become more dangerous to your system.

The rule of thumb with fruits is not to overconsume them. Eat them in moderation. After all, fruits are loaded with sugar, which can cultivate Candida and GERD.

Some powerful, nutritious, and blood-cleansing fruits are apples, blackberries, grapes, grapefruits, lemons, limes, peaches, pears, strawberries, tangerines, avocados, blueberries, and watermelon.

The following fruit should be eliminated: frozen, canned, and dried fruit, frozen fruit juice, oranges, bananas, melons (especially cantaloupe). Tomato juice, orange juice and grape-
fruit juice should be avoided as they irritate the esophagus.

**Important note:** Due to high amounts of sugar found in fruit that can cause chronic yeast and fungus overgrowth, yeast infection sufferers should limit the intake of fruits to a maximum of 1 serving per day. If you have severe Candida infection, **fruits should be avoided.** Lemons and limes are an exception to that rule.

**Sprouts**

Sprouts fit the definition of super foods; they are highly nutritious, super cleansers, loaded with vitamins, easily digested, and contain lots of enzymes.

The longer you sprout them, the more potent sprouts become (their nutritional value and enzyme content increase). There is practically no limit to how much sprouts you can consume. You can grow a variety of sprouts and enjoy myriad balanced nutritional benefits.

A wise decision would be to grow your own sprouts as you’ll be provided with a daily dose of fresh nutritional sources from your own hands with hardly any expense. If you decide to buy sprouts, make sure they are fresh because they can be toxic when spoiled.

Sprouted lentils are a fantastic source of protein, and combined with long brown rice, they make the perfect complete protein meal.

**Non-Starchy Vegetables**

As with sprouts, non-starchy vegetables such as green pepper, collards, cucumber, celery, all types of lettuce (excluding iceberg), cauliflower, Brussels sprouts, and spinach can also be consumed with no limit whatsoever. Non-starchy vegetables are a great source for stable energy as they provide complex carbohydrates, which burn slowly and gradually. Broccoli and cabbage should be reduced in consumption.

**Non-Gluten Grains**

Whole grains (complex carbohydrates) are great nutritional sources for protein. They are low in fat, good sources of fiber, and are loaded with vitamins and minerals.

The best sources for whole grains are non-gluten grains such as rice, millet, quinoa, and amaranth. Gluten whole grains (barley, buckwheat, gamut, oats, rye) are also excellent but less preferable than the non-gluten grains. As a rule, you should incorporate whole non-gluten grains into your diet but in a moderate fashion, meaning you should consume a maximum of two to three servings daily.
Whole Rice

You are already aware of the danger linked to any type of refined carbohydrates, and rice in no exception. The ground rule is to choose only whole rice (brown rice), preferably the organic long version and not the round sushi version.

Similar to beans, rice should be soaked in water overnight before cooking. The cooking should be long and slow to make the rice easier to digest and cause less gas.

Herbs and Leaves

Herbs and salad leaves, especially parsley, contain lots of quality minerals and vitamins. They are also great sources of chlorophyll, the blood life of every plant. Herbs also contain a huge variety of antioxidants that help the body in its war against free radicals, parasites, Candida, and heartburn.

The best nutritious herbs are parsley, fennel, basil, coriander, thyme, dandelion, oregano, and mint.

Seeds

Sunflower seeds, sesame seeds, and pumpkin seeds, which are rich in zinc, are also great sources of fatty acids. They contain lots of enzymes that are good for digestion, and they’re rich in minerals.

Fish

Unless it’s organic, most fish, which used to be the ideal source of clean and balanced protein, are now almost unsafe to consume because of mercury and other toxic metals found in our oceans and lakes.

However, cold-water fish such as tuna and salmon, highly beneficial for their essential fatty acids, can and even should be consumed in moderation as a condiment and preferably in their raw form (sashimi).

Wheatgrass

Wheatgrass is considered a super food, and it can practically perform miracles on your reflux condition if...
taken on a daily basis or even just several times a week.

Its ability to purify the blood, detoxify the liver, and cleanse the colon makes wheatgrass highly essential for the treatment of all digestive disorders including GERD.

The chlorophyll in wheatgrass helps the skin stay healthy as it’s antiseptic, anti-inflammatory, and a great antioxidant. It heals open wounds in your body, accelerates the re-growth of tissues, helps to purify the liver, reduce pain from inflammation, and kills bacteria and fungi that may lead to acid reflux.

Wheatgrass should be squeezed and taken each morning on an empty stomach.

**Water**

Drink lots of filtered or mineral water daily.

Drinking at least two liters of filtered or mineral water a day (or until your urine is transparent) is mandatory for effective daily cleansing and detoxifying.

Water will speed up the healing process, and when you add several drops of lemon or cayenne pepper, the cleansing effect will intensify.

Water flushes out toxins from the body through the primary organs of elimination, thus preventing toxic buildup that aggravates heartburn.

Large quantities of purified water will thoroughly cleanse your kidneys,
help discharge waste, and prevent the formation of stones in the kidneys. Weakened kidneys will burden the liver and cause toxic buildup that may lead to heartburn.

Each morning drink a glass of pure water with one squeezed organic lemon followed by two tablespoons of extra virgin olive oil. This will strengthen the liver, stimulate it to purge itself, and ensure it functions properly.

Because the Heartburn No More™ program encourages a high-fiber diet, you must complement this with considerable amounts of water.

**Dietary Principle #9: Maintaining Healthy Alkaline-Acid Balance**

For the human body to function at its best, it has to have an internal chemistry balance of alkaline with a pH of 7.0 to 8.0.

Our internal chemistry functions best in the above alkaline condition. When the cells are healthy, they have an alkaline balance of 7.0 to 8.0. A diseased cell has an alkaline of below 7.0.

The body as a byproduct of metabolism normally produces acid, but our body cannot produce alkaline. It’s our responsibility to provide the body with alkaline from outside sources, mainly from food.

However, some foods are basically acidic and some are alkaline-forming. When we consume acidic foods, the body must neutralize them with alkaline. If it cannot find any alkaline, the body uses the alkaline in the cells to do the job, and when these cells become acidic, they develop diseases.

In a state of over-acidity, the body also borrows alkaline such as magnesium and calcium from vital organs, resulting in that organ being damaged. The body enters a state of stress and imbalance that can lead to a variety of infections and complications including Candida overgrowth and GERD.

A state of over-acidity causes the blood to become sludgy and thick, creating the ideal environment for Candida growth.
The conclusion is simple: To maintain a healthy balanced body and prevent over-acidity and toxicity that lead to Candida overgrowth and heartburn, you must consume lots of alkaline-forming foods while minimizing acidic foods.

The typical American-Western diet consists mainly of highly acidic products such as eggs, dairy, meat, and artificial sweeteners while it’s deprived of alkaline-producing foods such as olive oil, fruits, and vegetables.

Drugs are also acid-forming materials, which can lead to an over-acidic environment very quickly.

A stable, alkaline-pH body environment will help the body resist disease. A healthy diet consists of high alkaline-producing foods that allow the body to keep sufficient alkaline reserves to balance an acid environment and stay healthy.

I recommend testing your body alkaline levels and acidity levels with pH strips. Test your urine. If your urinary pH fluctuates between 6.0 and 6.5 in the morning and between 6.5 and 7.0 in the evening, your body is functioning within a healthy range. The pHs of your urine between meals should be kept in the basic range of 7.0 to 8.5.

**High-Alkaline Foods You Should Incorporate into Your Diet**

These include non-starchy vegetable juices, olive oil, lemons, watermelon, asparagus, onions, parsley, raw spinach, grapefruit, mangoes, and papayas.

**High Acid-Forming Foods You Should Minimize in Your Diet**

Homogenized milk (you should have thrown it away already), blackberries, cranberries, prunes, beef, pork, shellfish, cheese, ice cream, pecans, cashews, white rice, corn, buckwheat, rye, and of course white sugar and artificial sweeteners.
Stress and negative thoughts also cause an acid environment. The stress control plan gives a comprehensive solution to that problem.

**Dietary Principle #10: Optimizing Digestion by Adopting Correct Eating Habits**

The when, how, and why you eat are significantly important to the way your system digests your food. Optimal digestion is by far more important than the quality of your food. The way you chew your food, the way you combine the foods that you eat, the environment you choose for eating, and the timing are all-important factors determining the success of the digestion process.

It has been proven that eating beyond our body’s needs, gulping food, and consuming the wrong food combinations, along with eating when there’s no real hunger, all lead to poor digestion and create large amounts of sticky and gluey mucus.

Incomplete digestion can lead to myriad disorders or aggravate existing conditions such as acid reflux.

Before we get down to details, the rule of thumb for optimal health is always “Respect thy bowels.” The following is a list of the most crucial eating principles for optimal digestion.

**Don’t Drink When You’re Eating.**

Drinking water is important, but it should be done between meals and not with the meals. Drinking while eating can dilute the digestive juices, which are so crucial for digestion. Adopt a habit of drinking little doses before and after you eat. Only when consuming rough foods or foods with little or no water may you drink slightly to make it go smoothly into your body.

**Combine Your Foods Correctly.**

To make it simple, let’s divide the food into two main groups: the high-protein, hard-to-digest concentrated
foods such as meat, eggs, cheese, grains, legumes, nuts, and starches, and the low-protein, high-water, and easily digested non-concentrated foods like fruits and vegetables.

Here are the guidelines for combining food properly:

**Bad Combinations**

- Avoid mixing concentrated food together. It will put stress on the digestive system. Instead eat one type per meal.
- Avoid fruits with concentrated foods. The concentrated foods will slow the digestive process of the fruit, resulting in ill symptoms such as toxicity and gas.
- Avoid mixing cooked vegetables with fruit.
- Avoid mixing starchy vegetables with fruit.

**Good Combinations**

Your food must be chewed into a soft mush before it’s swallowed. Chew your food slowly and with ease. Mix the food with as much saliva as you can, and make sure you chop it into as many pieces as possible if the food can’t be turned into a mush.

- Eat raw vegetables with concentrated foods. These foods go well together because of the high fiber and low sugar found in vegetables.
- Eat fruits alone or with raw vegetables.
- Chew your food correctly.

**Don’t Exercise Right After a Meal.**

It’s never a good idea to exercise immediately after you’ve finished a meal. When you do physical activity after a meal, the body rushes the blood towards your muscles from your digestive system. As a result, your diges-
tive system stops digesting until you stop your activity. That leads to all the troubles mentioned already. After a meal, give your body enough time to completely digest the food before you rush to the gym.

Avoid Overeating.

Overeating (including compulsive overeating and binge eating) can cause a lot of harm to your body not limited to the digestive system. A full stomach can stress the digestive system, cause nutritional imbalance and weight gain, tax the liver and the kidneys, and put enormous physical pressure on the lower esophageal sphincter (LES), which will increase the chances of acid reflux.

Choose smaller plates for every meal. Eat six small meals throughout the day and consume small portions of food in each meal.

Choose the Right Time, Place and Mood

Although it’s not always possible, you must strive to find the least distracting and least noisy place for you to eat your meals – that includes not watching TV. When you eat, try to focus on your meal and savor it. Any distractions from your meal will come at the expense of your digestion quality. It’s also very important not to be in a state of stress or be upset when you eat. The nerves have a significant impact on your digestive system, and in a stressful state your digestion will be far less effective.

Eat smaller portions of meals throughout the day, and complete your evening meal before 8 p.m.

Get Your Bowels Moving

Regular bowel movements are important when suffering from heartburn. You can improve peristalsis by:

◆ Drinking at least 8 glasses of water a day.
◆ Increasing fiber intake from fruit and vegetables.
◆ Exercising.

◆ Taking one tablespoon of extra virgin olive oil accompanied by juice from half a lemon on an empty stomach.

◆ Consuming oat bran while avoiding all refined carbohydrates.

Communicate With Your Body

This is one of the most important issues with your digestion and well-being in general. It may sound odd to you, but you must learn to hear what your body has to say to you. No, this is not a typo or a joke. Your body tries to communicate with you all the time in various ways. Believe it or not, you’re already familiar with some of these ways. Everybody is familiar with the sound their stomach makes when they’re hungry. Heartburn, as mentioned previously, is another means of communication your body uses to inform you that you need to change something in your lifestyle.

You must learn to identify real hunger from temptation, conditioning, boredom, or the need for excitement and satisfaction. When you feel “hungry,” ask yourself if you really are hungry, or is it just your mind fooling you? Learn to listen and communicate with your body, and it will gratefully reward you.
Dietary and Vitamin Guidelines for Treating H. Pylori

Nutrients from foods, vitamins and minerals act as essential cofactors of enzymes and as organizers of the molecular structures of the cell. H. pylori can change the way the stomach functions. It affects digestion and absorption of some components of the nutrients and micronutrients. Although nutrient absorption does not take place in the stomach, this organ contributes to the process by means of secretion of hydrochloric acid and several enzymes. These substances help not only release the micronutrients from the food, but also make them soluble, so they can be absorbed. H. pylori affects the absorption of iron, vitamin B12, vitamin C, vitamin A, vitamin E, folate, selenium, and zinc. Because of this, extra care must be taken to get enough of these nutrients.

A good diet can support your body as it fights the H. pylori infection. Luckily, many of the foods that contain these nutrients promote good health in general, including preventing cancer.

Foods High in Iron

Consuming foods that contain iron with foods that contain vitamin C enhances the iron absorption.

Iron. H. pylori has been linked with a deficiency in iron, which can lead to iron deficiency anemia. Iron is essential for carrying oxygen in our blood in
the form of hemoglobin and oxygen in our muscles in the form of myoglobin. When we are deficient in iron, we experience fatigue. Iron is also necessary for production of enzymes and brain chemicals and it improves our immune function.

Meats and seafood are the richest sources of iron, but it is also found in dark leafy greens and beans. The best sources are clams, red meat, dried fruits, and fortified products like cereals, although we do not recommend including processed foods if you have H. pylori.

**Vitamin B12 Against H. Pylori**

Vitamin B12, also called cobalamin, is unique in that it cannot be obtained from plant sources. All vitamin B12 is made by microorganisms, mainly bacteria. As humans, we get our vitamin B12 from meat, poultry, seafood, eggs, and dairy products. Vitamin B12 deficiency is seen in H. pylori patients, as the intestines cannot absorb the nutrient properly. Typically, the stomach produces intrinsic factor, which helps absorb vitamin B12 from food. However, H. pylori inhibits the production of this intrinsic factor. Hence, the patients suffer from deficiency. Vitamin B12 plays important roles in metabolism. H. pylori affects the absorption of vitamin B12 and deficiency can lead to pernicious anemia. Lack of vitamin B12 also affects nerve function and can be fatal. Generally, a deficiency in vitamin B12 is not due to lack of intake, but rather to poor absorption, which is only made worse by H. pylori.

We have enough vitamin B12 stored in our bodies to last about 3 years, but if you have H. pylori and are concerned about your B12 status, you should be checked by a doctor. Vitamin B12 supplements are not absorbed very well, but doctors can give you B12 injections if you are deficient.

**Vitamin C Against H. Pylori**

In addition to being an essential nutrient, vitamin C has been shown to kill H. pylori in clinical studies. Via-
Vitamin C, also known as ascorbic acid, is involved in many processes in the human body. Deficiencies in vitamin C affect many roles in the body. Vitamin C is a powerful antioxidant. It is necessary for producing collagen, an important connective tissue that makes up our body tissues and is needed for wound healing. It is necessary for making amino acids, hormones, and brain chemicals that affect our mood. It is also needed for iron absorption — compounding the problem of iron deficiency anemia that is linked to H. pylori infection.

Vitamin C deficiency causes scurvy and is associated with cancer and heart disease. It is also widely known for its effects against the common cold. Vitamin C is found in many foods, but the richest sources are citrus fruits, peppers, and green vegetables. Focus on guava, kiwi, strawberries, papaya, cantaloupe, pineapple, bell peppers, Brussels sprouts, broccoli, kale, watercress, and cauliflower.

**Vitamin A Against H. Pylori**

Vitamin A refers to both preformed retinoids and carotenoids that can be converted to the active form of vitamin A. Retinoids are the active form of vitamin A. Carotenoids are yellow-orange pigmented compounds in fruits and vegetables.

Vitamin A plays important roles in growth and development, vision, and immune function.

Vitamin A has also been shown to increase mucous production in the stomach. Deficiency of vitamin A can lead to problems with vision, such as night blindness. It is possible to take too much vitamin A, which builds up in the liver. You cannot get vitamin A deficiency from eating foods, however, only from supplements. So be sure to take the recommended doses.
Retinoids are found in liver, fish, fish oil, and eggs. Carotenoids are found in carrots, apricots, parsley, watercress, spinach, cantaloupes, mangoes, legumes, sweet potatoes, and broccoli.

**Vitamin E Against H. Pylori**

Vitamin E is an important part of the body’s antioxidant network, which protects against damage by free radicals. Vitamin E deficiency causes premature break down of red blood cells, which causes hemolytic anemia. Good food sources of vitamin E include plant oils, wheat germ, avocado, almonds, and peanuts.

**Folate Against H. Pylori**

Folate is a B vitamin that occurs naturally in foods. Folic acid, on the other hand, is the synthetic version found in supplements and fortified foods. Folate is required for making new cells and metabolism. Deficiency can cause spina bifida in infants of pregnant women. Chronic deficiency causes a type of anemia called megaloblastic anemia. Folate is so important that the government fortifies our foods with it.

Food sources include liver, legumes, and leafy green vegetables. Other sources are asparagus, beets, oranges, and mussels.

**Foods to Avoid with H. Pylori Infection**

Foods to avoid with helicobacter pylori are simple sugars and processed foods. Sugar is an ideal environment for the bacteria to thrive and hence, should be avoided. Chocolate, dairy, red meat, processed and fast foods, pickles, excess salt, and alcoholic beverages should also be excluded from the diet. These foods have all been associated in many research papers with incidence of, or disease resulting from, infection with H. pylori.

It is recommended that a trial of limiting or eliminating the following foods may reduce the symptoms of GERD:

- High fat foods including fried foods and fatty meats, other fried foods, high fat dairy, pastries and desserts
- Alcohol (except red wine)
- Caffeine
- Chocolate
- Peppermint

**What Can you Eat With H. Pylori**

The most important “first step” is to heal the tissue of the damaged stomach lining and the esophagus. That involves adopting a healthy diet and
adding whole-food supplements to accelerate the healing process and calm down the irritation caused by putrefied undigested food.

Ultimately, the answer to heartburn and acid indigestion is to restore your natural gastric balance and function. Eating large amounts of processed foods and sugars is a surefire way to worsen acid. If you are serious about healing your digestion, then begin to avoid processed foods, sodas and sugary foods, coffee, and dairy. Avoid most breads and grains, especially white breads, pastas, and rice. Focus instead on fresh vegetables, fruits, and meats. Avoid frying. When possible, buy fresh foods, preferably organic foods, instead of canned. Make this change as quickly and as completely as possible. This will allow your system to begin to produce its own digestive juices. Later, when your digestion system has re-regulated itself, you can slowly experiment by allowing yourself an occasional addition of those foods you cut out before. Don't be afraid to experiment. The real key to excellent health is unprocessed food that is produced organically.

Next, you need to make sure you're getting enough beneficial bacteria from your diet. This will help balance your bowel flora, which can help eliminate H. pylori bacteria naturally without resorting to antibiotics. It will also aid in proper digestion and as-
similation of your food. Ideally, should get your probiotics from fermented foods. But if you aren’t a fan of fer-
mented foods, you should add a pro-
biotic supplement. Including a vari-
ety of cultured foods and beverages in your diet is best, as each food will fill your gut with a variety of different microorganisms.

Some examples of fermented foods include:

◆ Fermented vegetables, such as sauerkraut and kimchi
◆ Cultured dairy, such as yo-
gurt, kefir, and sour cream
◆ Fish, such as macker-
el and Swedish gravlax

Compounds that Eradicate H. Pylori

There are many compounds that have shown efficacy in eradicating H. pylori both in the laboratory setting and in practice. In this section, we will share with you the top 4 chemicals that can kill H. pylori, with the most research behind them. As a bonus, we include information about additional compounds that have been studied in the treatment of H. pylori. These have been proven, too, but we wanted to focus on the best of the best. Later in the book, we will show you how to get

these chemicals from food and foods you should be incorporating into your diet, since, as you’ve learned, H. pylori can cause you to be deficient in many vital nutrients.

Sulforaphane

Sulforaphane is a chemical com-
pond that was discovered in broc-
coli sprouts by scientists at the Johns Hopkins University School of Medi-
cine. The researchers were investigat-
ing the cancer-fighting compounds present in broccoli when they discov-
ered that broccoli sprouts contain 30 to 50 times the amount of anti-cancer compounds that are found in mature broccoli plants. Sulforaphane belongs to a group of phytochemicals, or dis-
ease-fighting compounds in plant foods, known as the isothiocyanates. Along with related phytochemicals, it helps to prevent against the development of cancer. Sulforaphane prevents certain enzymes from activ-
ing cancer-causing agents in the body and increases the body’s pro-
duction of other enzymes that clean carcinogens out of the system before they can damage cells. Sulforaphane is produced in cruciferous vegetable plants.

Broccoli and broccoli sprouts contain a chemical called sulforaphane that kills H. pylori, even strains that are re-
sistant to antibiotics. A simple blood test can identify H. pylori infection, but eradication of the bacterium is difficult since it has developed resistance to commonly used antibiotics, and because it can hide out inside the cells that form the lining of the stomach where it remains safe from these medicines. Sulforaphane, however, was shown to kill H. pylori even if it was resistant to commonly used antibiotics, and regardless of whether the bacterium was inside or outside of stomach lining cells. Even brief exposure to sulforaphane was enough to kill H. pylori inside human stomach lining cells.

Other studies have shown that sulforaphane had a protective effect against developing stomach tumors. Sulforaphane triggered protective antioxidant enzymes in the liver that locked on to the carcinogens, changing them into a form in which they could be eliminated from the body.

The researchers of these studies believe that "the dual actions of sulforaphane in inhibiting Helicobacter infections and blocking gastric tumor formation offer hope that these mechanisms might function synergistically to provide diet-based protection against gastric cancer in humans."

In a study using laboratory rats, rats with tumors were given broccoli-sprout extracts. The rats getting the broccoli sprout extracts showed a reduction in tumor size and number.

Studies suggest that in order to cut the risk of cancer in half, the average person would need to eat about two pounds of broccoli or similar vegetables per week. Since the concentration of sulforaphane is much higher in broccoli sprouts than in mature broccoli, the same reduction in risk theoretically might be had with an intake of just one ounce of sprouts a week!

While broccoli sprouts and broccoli are the best sources of sulforaphane, other cruciferous vegetables also contain the cancer-fighting compound.
Below is a list of the most common food sources of sulfurophane:

- Broccoli sprouts
- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage
- Kohlrabi
- Kale
- Collard greens
- Mustard
- Radishes
- Turnips
- Horseradish

**Flavonoids**

Flavonoids protect against oxidative damage and could reduce the damage caused by tobacco smoking, pollution, and free radical form in our body during normal metabolism. Flavonoids are found in many foods, such as berries, grapes, green tea, and chocolate.

Cranberry juice is well known for its effects on urinary tract infections. Recent research has shown that it may also work on H. pylori infections in the stomach. Scientists have known for some time that the juice prevents bacteria from attaching to cells in the urinary tract, which reduces the risk of bladder infections. This same mechanism is believed to work against ulcer formation: Flavonoid compounds in cranberry juice called proanthocyanidins are thought to keep H. pylori from attaching to the lining of the stomach.

In a large study of people who tested positive for H. pylori, patients were randomized to 3 groups. One group drank 200 milliliters (just under 7 ounces) of cranberry juice daily, another was given a probiotic supplement containing competing bacteria, and another received a placebo. At the end of the study, the cranberry group had significantly higher “eradication rates” of H. pylori than the placebo group, and a slightly better rate of improvement than the group taking only probiotics. A second study confirmed those results. Drinking one cup of cranberry juice a day eliminated H. pylori in three times as many subjects as a daily the group receiving a placebo juice.

Proanthocyanidins are mainly found in the skin and seeds of grapes. They are also present in red wine. During the production of red wine, the juice
is left to ferment with the seeds and skins during a few days. During this fermentation process, the formed alcohol will extract the proanthocyanidins from the seeds and skins. Other rich sources are cocoa, apples, peanuts, almonds, cranberries, blueberries and bark of the maritime pine. Consumption of red wine, red grape juice, grape skin and grape seeds has been linked to many health benefits. There are mainly two grape phytochemicals responsible for these benefits: proanthocyanidins and resveratrol. Proanthocyanidins are in the first place very strong antioxidants. Studies have shown that proanthocyanidins act as potent anti-cancer agents.

Red wine also contains resveratrol, which has demonstrated antibacterial activity against H. pylori, specifically Chilean red wines, cabernets, and pinot noir, which have high concentrations of resveratrol. Other research has shown that in addition to cabernets and pinot noir, zinfandels and merlots also have antimicrobial properties for fighting H. pylori.

Below is a list of the most common food sources of flavonoids (note: if you
have candida infection avoid all high sugar foods from the list during the healing process):

- Cranberry juice
- Red wine
- Green tea
- Cocoa
- Peanuts
- Almonds
- Blueberries
- Blackberries
- Raspberries
- Cherries
- Oranges
- Spinach

**Thiosulfinate**

Allium species are one of the world’s oldest cultivated vegetables and their benefits have been widely reported. Foods in the allium family are garlic, onions, leeks and chives contain flavonoids called thiosulfinate that stimulate the production of glutathione (the liver’s most potent antioxidant). Glutathione enhances elimination of toxins and carcinogens. Foods in the allium family also destroy infection-causing viruses and bacteria—including H. pylori and reduce the risk of stomach cancer.

Thiosulfinates are the best studied compounds in the Allium species. They were first discovered in 1844. While investigating plant extracts for antibacterial activity, it was observed that a freshly prepared infusion of ground garlic cloves possessed high antibacterial activity.

Several studies have demonstrated the antibacterial activity of garlic extracts. The antibacterial and antifungal activities against a variety of disease-causing bacteria were, and continue to be extensively investigated. It is estimated that the antibiotic activity of 1 mg of allicin has been equated to that of 15 IU of penicillin, one of the drugs commonly used in the treatment of H. pylori. In fact, studies have demonstrated an inhibitory effect by garlic extract on numerous H. pylori as well as many other bacteria.

In one study, an extract of garlic cloves, standardized for its thiosulfinate concentration, was found to inhibit the growth of H. pylori. To achieve that concentration of thiosulfinate using fresh garlic would require approximately 5 g garlic (which
is only two small cloves a day). Garlic has been shown to eradicate H. pylori in multiple clinical studies, which was confirmed using a breath test. It also was shown to heal gastritis.

For optimum effect, these foods should be eaten raw, as cooking can destroy some of the active compounds. The most common sources of thiosulfimates are:

- Onions
- Garlic
- Chives
- Leeks
- Shallots
- Scallions

Mastic Gum

Mastic gum is a resinous exudate obtained from the stem and leaves of the mastic tree (Pistacia lentiscus), an evergreen shrub native to Greece. It is used as a food ingredient in the Mediterranean region and also to make chewing gum.

Several studies have shown it to be highly effective in eradicating H. pylori, as strong as antibiotic therapy. In a double-blind trial, 78% of patients receiving mastic achieved H. pylori eradication, compared with only 22% of those taking placebo. Results were seen at very low doses.

Studies have shown negative stool tests from patients on a treatment for as little as two weeks, but recommended dosage is usually a minimum of 30 days. You can also take it to prevent recurrence.

Mastic gum is available as a supplement and also as a chewing gum.
Step Three: Powerful and Unique Anti-Acid Reflux Nutritional Supplementation

Why Do We Need Supplementary Vitamins and Minerals?

I wish I could tell you that eating healthy and consuming lots of alkaline foods and enzyme-rich raw foods will provide your body with all the vitamins and minerals it needs to fight Candida, acid reflux, and other digestion disorders. Unfortunately, this is not the case. The techniques we use to grow, preserve and prepare our food have lowered the quality of our food significantly.

Grains are not sprouted anymore. Oils are hydrogenated and refined, and instead of the rich natural minerals of the soil that the body requires, poor minerals are fertilized into the ground.

As a result, most of our plants contain little or no minerals. Plants are polluted with pesticides and herbicides as is our water. These toxic chemicals strip them of their vital nutrients.

Due to that fact, it's almost impossible to get all the vitamins and minerals our body needs from the food that we eat.

Now that you have altered your dietary habits and optimized your digestion, it's time to complement your body with the essential vitamins, minerals, and special supplements to boost your immune system capabilities to give your body the “force” (energy) it needs to properly get rid of toxins, fight Candida, help the body heal, and rebuild itself from within.
Below is a list of supplements specifically designed for individuals with acid reflux condition. They will boost your immune system, complement your body with the missing vitamins and minerals required to fight free radicals, and speed up the healing process of wounds and infections. They will help heal the damage your stomach liquids have already caused your esophagus.

Take these supplements on a daily basis, and you’ll quickly be amazed by the new energy and vibrancy that enters your life. These supplements will significantly improve your acid reflux symptoms, boost your mental abilities, and make you a much healthier person physically and emotionally.

The following supplements can be found either online or in any health food store.

**Essential Fatty Acids And GERD (Highly Important)**

One of the main causes of hormonal imbalance in the human body is insufficient level of prostaglandins, which are chemicals that help regulate hormones as they communicate between hormones and human cells. Hormonal imbalance is one of the co-factors that leads to Candida that often manifests in acid reflux. The only problem is that the body cannot manufacture sufficient amounts of prostaglandins without the proper raw materials. These raw materials are the essential fatty acids (EFA). Omega-3, omega-6, and omega-9 are the essential fatty acids your body needs to produce the critical prostaglandins. Omega 3 in particular has been found to have powerful anti-inflammatory properties, which can help repair the damage made to the esophagus.

EFAs are crucial for metabolism regulation and rapid recovery of fatigued muscles. EFAs also support the immune and nervous system and are found in flax oil, cold-water fish such as salmon or tuna, sunflower seeds, soybean, borage, walnut, and safflower oil.
However, it’s not enough that you consume foods rich in EFA such as salmon and flax oil and walnuts, you also need to have the proper balance of these EFAs for your body to effectively produce these prostaglandins.

Because a typical Western diet, even a healthy diet, is rich in omega-6 and omega-9 (olive oil, canola oil) but poor in omega-3, you’ll obviously need to balance your EFA intake by consuming more cold fish oil, walnuts, and flax oil that are rich in omega-3. The recommended ratio is two times omega-3 than omega-6 and omega-9 combined.

Taking EFA supplements will ensure your body will have all the raw materials it needs to produce the necessary prostaglandins that will stabilize your hormones, fight Candida, infections, and inflammation.

The only one I recommend, having experienced it myself, is the Total EFA- Vegetarian (liquid) Formula. It’s an excellent source for EFA. The magic 3 oils (flax, borage, and primrose) are cold-processed, organic, and kept in a dark bottle unexposed to oxygen, heat, or sunlight.

Recommended amount per day: 2 to 4 tablespoons.

Important: The Total EFA comes in a gel cap formula and a liquid vegetarian formula. Be sure to buy the liquid formula, as it’s far superior. Also, be sure to keep the bottle refrigerated at all times.

Available at: [https://amzn.to/2N0alTK](https://amzn.to/2N0alTK)

**Colostrum (Highly Important)**

Colostrum is simply the best and most effective supplement to support the immune system. With the help of 36 different immune elements, colostrum boosts and regulates the immune system and fights infections in the gut and in the esophagus area like no other supplement available.
Lactoferrin, found in Immunecare Colostrum, has great anti-bacterial, anti-fungal, and anti-viral properties.

Colostrum is available from: https://amzn.to/2IglXXj

**Magnesium (Highly Important)**

Magnesium is one of the most important minerals for acid reflux sufferers. Magnesium is also a powerful hormone stabilizer and an anti-stress mineral that works with your muscles. Many heartburn and acid reflux sufferers have completely eliminated their painful episodes just by taking supplemental magnesium.

The logic behind this is that acid reflux is also triggered by stomach spasms that cause acid. Among healthy people, the stomach is designed to utilize this acid, but among some acid reflux sufferers the stomach does not properly utilize the acid and therefore it is ejected into the esophagus.

Magnesium is a natural muscle relaxant. Without magnesium, your muscles become chronically contracted. Magnesium is also a natural antacid and, therefore, it helps prevent the stomach spasms and can completely stop acid reflux and heartburn.

Magnesium can also help and prevent many chronic ailments such as: Migraines, PMS, Asthma Insomnia, ADD in children, Anxiety disorders, Arthritis, Autism, Chronic fatigue syndrome, Congestive heart disease, Depression, Diabetes, Eating disorders, High blood pressure, Hypoglycemia, and Kidney Stones.

You need to get the organic or chelated forms of magnesium. The recommended amount per day is above 800 to 1000 mg. It’s available at: http://vitanetonline.com/description/81123/vitamins/Chelated-Magnesium/

**Coconut Oil (Highly Important)**

Coconut oil is extremely beneficial for acid reflux condition in many ways.
Here are some of them:

- Protects the EFAs from oxidizing if you mix it with them.
- Stabilizes blood sugar levels.
- Helps improve liver function.
- Directly fights Candida and other blood pollutants and parasites.
- Improves digestion.

Good advice is to add three tablespoons a day to your EFAs.

Extra virgin coconut oil is available at: [https://amzn.to/2xEzwMa](https://amzn.to/2xEzwMa)

**Digestive Enzymes (Highly Important)**

The majority of abdominal and digestive disorders are triggered partly by a deficiency of digestive enzymes. Digestive enzymes are complex proteins that form an integral part of the digestion and assimilation process. Digestive enzymes are also needed for proper function of the immune system, building and repairing bone and tissue, detoxifying the blood and tissues, and the proper functioning of your immune system.

Because the production of digestive enzymes by your body decreases with age and because cooked and processed foods are void of these essential substances, healthy digestion cannot be achieved without incorporating raw and fresh foods to your diet and without proper supplementation of digestive enzymes.

Without proper digestion of protein, the undigested protein can lead to acid reflux.

Digestive enzymes such as papaya enzymes that contain peapain and others that contain betain or HCl can significantly help your stomach to digest protein and prevent GERD.

Another example is orange peel extract. Orange peel extract can significantly help relieve heartburn and digestive disorders. It also reduces
stomach acid in the same way antacids work but without the side effects.

Digestive enzymes can also prevent gas and bloating and help fight Candida overgrowth, which can lead to heartburn.

Liquid-Gel Digestion Enzyme is probably the most cost effective and powerful product as it contains a large variety of potent digestive enzymes. The product is available at: http://www.evitamins.com/liquid-gel-digestion-enzyme-natures-secret-6028

The following are ingredients in this product:

- Protease – 39113 HUT
- Amylase – 12075 DU
- Lipase – 1811 FCCLU
- Cellulase – 906 CU
- Lactase – 453 LacU
- Glucoamylase – 15 AGU
- Malt Diastase – 101 DP
- Invertase – 33 SU
- Bromelain – 120750 FCCPU
- Alpha-Glactosidase – 264 GaLU
- Papain – 147805 FCCPU
- HemiSEB – 60 HSU
- Century Herb Powder
- Gentian Root Powder
- Lecithin
- Fine Granular
- L-Glutamine
- Asafetida Resin Root Powder
- Ataractylodes Macrocephala Powder
- Ginger Root Powder
- Orange Peel Powder
- Anise Seed Powder
- Cardamom Seed Powder
- Cloves Bud Powder
- Fennel Seed Powder
- Licorice Root Powder
- Piper Longum Fruit Powder

MSM (Methyl Sulphonyl Methane)

MSM is an organic sulfur found in the tissue of every plant and animal. Sulphur is known to help accelerate the healing process of the body including
helping the formation of collagen, which is required to form new cells. MSM also helps the body to absorb EFAs, acts as a natural antioxidant, and helps the body to eliminate and flush out toxins.

As far as GERD is concerned, MSM promotes the friendly bacteria and protects the lining of the stomach and the intestines. When stomach tissue and the esophageal tissue are scarred and damaged due to acid reflux activity, MSM will help heal these injuries.

I recommend that you start with 5 to 10 grams a day for a period of up to one week and then switch back to maintenance doses of one gram per day.

MSM can be found in powder or in capsules. You are welcome to choose which form better suits your needs.

**Aloe Vera Juice (Important)**

Aloe vera juice is perfect for digestive problems. It can ease heartburn (by relieving the inflammation in the esophagus and stomach), ulcers, diverticular disorders, and other types of digestive upset. Aloe vera juice is also an excellent detox agent and can significantly help heal the damage made to the esophagus and stomach tissue caused by acid reflux.

Aloe Vera juice should be taken on an empty stomach and slowly. The recommended dosage is three tablespoons.

**Demulcents, Bitters, and Carminatives**

Demulcents is a group of herbs and spices known for their capability of aiding digestion, soothing and decreasing inflammation, and forming a protective barrier against stomach acid. Taken in a tea form, these herbs can dramatically relieve your acid reflux condition.

Among the Demulcent herbs are slippery elm, marshmallow, ginger bladderwrack, and licorice. These herbs are also available in capsule form.

**Bitters,** also called digestive stimulants, are another groups of herbs that stimulate digestive function by
increasing saliva and digestive enzyme production.

Among the bitters herbs are artichoke, barberry, bitter melon, bitter orange, blessed thistle, centaury, dandelion, devil’s claw, elecampane, gentian, goldenseal, greater celandine, horehound, juniper, Oregon grape, prickly ash, wormwood, yarrow and yellow dock.

You can get excellent Swedish bitters here:

http://www.vitacost.com/nature-works-swedish-bitters-trade

**Carminatives** are another group of herbs and spices aimed at treating many digestive disorders such as indigestion, excessive gas, spasms in the intestinal tract, bloating, and irritable bowel syndrome. But these herbs also have anti-inflammatory properties and are excellent for soothing inflamed or irritated mucous membranes in the digestive tract and can significantly help to reduce the inflammation in the lining of the esophagus caused by acid reflux.

Among the carminative herbs are chamomile, fennel, lemon balm, allspice, cloves, sage, thyme, and turmeric. These herbs can all be mixed with boiling water to make tea and are also available in capsule form.

**Chlorella (Highly Important)**

Chlorella contains natural digestive enzymes and an abundant amount of chlorophyll. Taking chlorella will significantly strengthen and improve the function of your digestive system. It will help remove heavy metals from your body, speed up the healing process of infections and wounds, alkalize your system, boost the friendly bacteria, and help cleanse the bowels.

Without a doubt, chlorella is a must supplement for fighting acid reflux and digestive disorders. http://www.mercola.com/chlorella/index.htm
Step Four: Unique Anti-Gerd Detoxification and Parasite Cleansing Protocol

Congratulations for getting so far. Now it’s time to lay the foundation for creating an acid reflux-free environment and for killing Candida – cleansing and regenerating your bowels and kidneys.

This step involves a 3-day juice cleansing followed by a 7-day parasite cleanse.

**Why Cleanse?**

A good cleansing program will not only release you from many disease symptoms (which manifest themselves as chronic pain, hair loss, skin disorders, and heartburn), it will also give you mental clarity and a serious boost of energy and freedom from many negative thoughts and feelings.

When the digestive system becomes sluggish and over-toxic, it becomes weak and far less efficient. Toxic bowels lead to blood intoxication and a sluggish liver. A weak and sluggish liver that is incapable of handling the over-acidity and toxic overload will release toxins to other parts of the body such as the kidneys, heart, brain, skin, lymph, and so on. The result is disease symptoms related to the organ where toxins have chosen to settle. Before any disease such as GERD can be permanently overcome, these toxins must be removed.

A deep cleansing program will eventually help the body release toxins from the liver, kidneys, and lymphatic system. If followed by a liver purge, then it will strengthen and boost the
function of these vital organs of elimination, resulting in a more balanced and effective internal system capable of self-healing and handling many conditions such as acid reflux.

The easiest and cheapest way to cleanse the colon, blood, and lymphatic systems is by conducting a series of juice cleansings combined with several detox stimulation techniques. This is done by using mediums that absorb toxins such as drinking herb teas and conducting enemas as discussed later in this chapter.

**Cleansing and Acid Reflux**

Acid reflux, as well as many other body disorders and illnesses, responds remarkably well to the process of cleansing, as eventually most symptoms associated with this condition practically disappear.

The 3-day juice cleansing is a crucial step in the Heartburn No More™ System. You will cleanse and rebuild the organs of elimination, lay the groundwork for eliminating Candida, and help your body expel accumulated toxins.

**Note:** If you have very severe heartburn, have money to spend and want to take cleansing to another level, then you can combine the juice cleansing session with one of the excellent cleansing kits available here:

- Nature’s Secret 5-Day Cleanse Kit
- B.N.G. Herbal Clean Premium Detox 7 Day Kit

**What Is Fasting?**

Fasting is a simple technique where one refrains from consuming any foods or specific types of foods for a certain period of time, which allows the body to recover and heal itself. It’s a fact that our bodies have the powerful ability to heal themselves.

When we consume food, our body is busy digesting, processing, analyzing, and assimilating. When we go through stressful periods or participate in physical activity, the body is unable to focus on evacuating toxins.
ins that have entered and are being stored in our system. When we fast, our body will automatically concentrate its energy on eliminating poisons and cleaning our system; it will recover and heal itself from its disorders and afflictions.

The principle is simple – we let the body rejuvenate and heal itself through the power of not eating.

**Why Should You Fast?**

Our body is limited in its ability to evacuate and eliminate vast amounts of accumulated toxic chemicals and foreign materials that were either inhaled, created through stress and anxiety, or entered through our system with toxic foods we consumed. These toxic metals and other pollutants are hazardous to our health as they circle the blood stored in our tissues and vital organs. These poisons create a significant burden on our elimination organs such as the intestines, kidneys, and liver.

As soon as these toxins enter our system, our body is in fact already in a state of disease. When our body isn’t able to handle the amount of toxins circling the blood accumulated in a certain organ, we become sick.

Because a sick person’s system is loaded with all kinds of toxins (different types of metals, medication, metabolic waste, etc.), the body searches for emergency ways to discharge itself from these poisons. Often the organ the body chooses to expel its waste through becomes afflicted with symptoms of a disease relevant to its nature.

If the body tries to evacuate poisons from the lungs, then you may catch a cold. If it evacuates toxins through your feet, then you get athlete’s foot. Various symptoms of overload toxic buildup include headaches, stuffy nose, allergies, confusion, diarrhea, and of course heartburn.

The skin is an alternative medium for the body to use to discharge poisons.
It's believed that chronic diseases develop once the body enters a state of extreme intoxication where organs are partly or completely destroyed beyond repair.

Fasting is an excellent solution that relieves the body of stored toxins and allows it to strengthen, heal, and fortify itself. Eventually, the fast will clean the bloodstream, cells, tissues, and internal organs in general to prepare them for the extreme process of healing.

**Types of Fasting**

Many diets are referred to as fasts although they aren’t particularly so. Fasting in the strict sense of the word is simply avoiding any type of food. In that sense, juice cleansing or apple/cucumber cleansing are not fasts but mono-diets.

However, for starters, these diets are a great way for newbies to get their feet wet and practically experience fasting. These mono-diets can also function as preliminary stages prior to liver flushing or water fasting but not as a replacement.

With that said, unlike apple or cucumber fasts, juice cleansing is a lot more beneficial. Juicing will help expel accumulated toxins from your body and will allow your body to rest (Unlike mono-diets, the digestive system rests during liquid fasts). Moreover, juicing allows more intense cleansing while supporting the body with a variety of nutrients that supply energy and vitality – unlike mono-diets that are limited in their nutrient supply to the certain fruit or vegetable consumed.

That is why I always prefer juice cleansing to mono-diets.

Water fasting is very effective when it comes to healing severe or chronic diseases, yet it’s not recommended for inexperienced fasters and cannot be combined with regular daily activities. It’s always recommended to start a juice fast plan and “slip” into a water fast to make cleansing and body reactions less intense.
Fasts that are under a week are considered short fasts. While a 1-day fast, if done regularly each week, can strengthen the immune system and give you vigor and vitality, 3-day fasts will give your body a real opportunity to “get to work” and make general “arrangements” in your “house.” In 3-day fasts, including juice fasts, the body will be grateful as it’s given time to thoroughly cleanse your system of years of accumulated toxic waste.

**General Fasting Guidelines**

**Finding the Time and Place**

The ideal time for fasting is a time of relaxation when you are not placed under a lot of pressure or stress or required to invest a lot of energy. That is why a vacation is an excellent and effective time for fasting.

Bear in mind that healing will not happen if you fast during periods of emotional or mental stress. A fasting period must be a time to save your energies. You must also make sure you fast in a place where there are minimum to no distractions.

Another important factor to consider is the weather. Transitional seasons are best for fasting. Fasting in cold weather is ill-advised as the body temperature is already low due to a lack of calories, and it would be easier to get cold when temperatures are low.

I usually conduct my fasting sessions from Friday until Monday and on the warm holiday seasons.

**What to Eat Before the Fast**

Fasting is a challenge as you prepare your body for the extreme transition between solid foods and liquids. You must also prepare yourself mentally for the change.

**Pre-Juice Cleansing Diet**

An effective pre-juice fasting diet spans at least 3 days before the actual fast. An optimal pre-juice cleansing consists of salads, juices, and fruits. You should avoid consuming refined carbohydrates, bread, dairy products, fish, and any kind of meat. It’s also important to drink a lot of water.
On the first day of your pre-juice cleansing diet, you should eat cooked vegetables in addition to raw salads, fruits and juices. On the second day you should stick to plain raw salads and raw fruits and drink plenty of juices. On the third day it’s recommended that you eat only fruits and juices. Be sure to follow the guidelines for optimal digestion.

Another option is to have the mono-diets as your pre-fast diets. You can have one day of strictly eating apples and two days of only grapes. You can replace the apples or grapes with sprouts and achieve even greater results as all these types of foods are very effective cleansers.

### Fast-Breaking Diet

Our hunger instinct is extremely powerful, and it can be deceiving. Breaking the fast in time, especially longer than 3-day fasts, is an instinct you’ll develop as you get more experienced with fasting. It’s very important to really feel and know when the time is right to stop fasting. It’s also very hard to guess. You must not only know when to stop, but you must also know how.

Jumping to Burger King and having a Whopper at a time when your liver, kidneys, heart, and bowels are in a sensitive state can cause stress that may even be fatal. You don’t want to stretch the fasting period beyond your needs either. You must control your ego here.

The rule of thumb is to listen to yourself and listen to your needs. Try to distinguish between a false hunger drive and a real craving for food. The main difference between the two is that hunger is more gradual and starts as mere curiosity with thoughts of food and develops slowly. False hunger is more like a temporary panic attack. This is not hunger; it’s your mind fooling you. When you get hungry, you’ll know it. Trust me on this.

The gradual craving for food has typical forms such as cheating a lit-
tle bit and developing a curiosity for food-related subjects, etc. If it’s your first long fast, then it’s recommended to stop the fast at that point.

Followed by the gradual cravings for food is real hunger. When you experience it you’ll know. When it comes you must always stop. Otherwise, you’re simply starving yourself.

When you break the fast, start by drinking only foods rich in water (oranges, grapes, watermelons, tomatoes, cucumbers). Then you can work up to rich protein nut milks. You can start eating sprout soups. They can be highly satisfying. You can go with smoothies from the above fruit, but avoid bananas as they are low-water foods.

**Important Guidelines**

Eat like a baby in small doses, and eat slowly.

Stimulate the digestive glands by adding celery, clover, and honey vinegar to your menu.

Broaden your menu with green leaf salads with avocado, tamari, and sesame seed dressing (tahini).

Eat nuts in small quantities only.

You should broaden your menu only after two or three days with whole grains and cooked vegetables (broccoli, potatoes, beans).

**Tips for a Successful Fast**

- Take an Epsom salt bath.
- Meditate.
- Turn off the TV.
- Go for walks by yourself.
- Close your cell phone.
- Limit your conversations with people.
- Get a good night’s sleep.
A Powerful 3-Day Juice Acid Reflux Cleansing Fast

Introduction

A juice cleanse is a liquid diet consisting of only vegetables, fruit juice, other liquids, and water. The juice extracted from raw fruits and vegetables is rich in phytochemicals, alkaline elements, vitamins, minerals, enzymes, and natural sugars all absorbed directly into the bloodstream. It requires no effort from the digestive system.

When you do juice cleansing, you mix a lot of different concentrated and powerful fruits and vegetables such as carrots, parsley, celery, green peppers, lemon, etc., into one glass. By doing that you allow the digestive system to easily absorb most of that vegetable/fruit value.

Juice cleansing is much safer and easier than water fasting because it supports the body nutritionally as it gently and safely cleanses and detoxifies it, allowing it to focus entirely on healing itself. Only after you have practically cleansed years of toxic buildup may you take a step forward and start a water fast, which is far more intense.

Juice cleansing operates on two levels. It expels accumulated toxins from your body, and it supports it with a variety of nutrients that supply energy and vitality. Juice cleansing supplies the body with sufficient nutrition and calories, giving you enough energy to go to work, study, or what-
ever. Although you don’t really need to change anything in your routine while on a juice cleansing, I recommend that you strive to relax during this time and refrain as much as you can from hard physical activity.

Juice cleansing has freed individuals from most diseases, even chronic diseases such as leukemia, arthritis, high cancer, high blood pressure, liver and kidney disorders, skin infections, and GERD.

During juice cleansing, many metabolic changes occur, and a great quantity of toxins are released from the colon, bladder, liver, kidneys, lungs, and skin. The lymph and blood are detoxified. By the third day of your juice cleansing, you’ll lose cravings for food, and your digestive system will be in rest, allowing your colon to expel years of disease-causing toxic buildup.

If you find it really hard when on the first 3-day juice cleansing, then you may incorporate slices of banana or avocado into your juicing routine, although it’s not recommended as it will slow down the healing process.

As for how much you should drink, I can only say drink as much as you please; however, you must minimize acidic and high-sugar fruit juices. They can force the pancreas to produce excessive levels of insulin, and they feed Candida, which may aggravate acid reflux.

**One last recommendation:** Strive to buy certified organic fruits and vegetables instead of regular ones. Vegetables, especially leafy ones that are not organic, contain a high value of pesticides that would also absorb into your system (see also “Cleaning Your Vegetables And Fruits”). Also, make your own juices. By no means should you replace freshly squeezed juices with pasteurized juice or V8 bottled juices.
The Holy Grail of the Heartburn No More™ Juicing Plan

The only way to maximize the effect of a juice cleansing on your heartburn condition is by following the guidelines below to the best of your ability.

Consume as many “green” drinks as possible while minimizing fruit and starchy or sugary vegetables. Don’t forget wheatgrass.

Drink a lot of water (not tap) and herb teas while minimizing nut milks.

If you must, take only water-soluble vitamins. Take your EFAs daily, but don’t take any minerals.

It’s crucial to stimulate the organs of elimination and help them discharge toxins during the fast (liver, kidneys, lungs, intestines, and skin).

It’s crucial to prevent the re-absorption of toxins into your blood by using daily enemas and drinking bentonite shakes.

Follow the stress control and sleep optimization plans.

Cleaning Your Vegetables and Fruits

Vegetables and fruit that are not organic usually contain high levels of bacteria, pesticides, and parasites.

Some vegetables and fruits are more available in their organic form than others. For example, it’s much easier to find organic carrots in a local supermarket or health food store than it is to find organic beets or celery.

Agricultural chemicals are hard to get rid of. Some chemicals are even found in organic vegetables. With the proper means and techniques, however, it’s possible to clean vegetables from some of their chemicals and parasites.

The most common method is using four teaspoons of salt and lemon juice in a sink full of cold water. The vegetables are then soaked in the water and rinsed. You can also put your vegetables in boiling water. It will kill most of
the germs, but this method isn’t suitable for the more fragile vegetables such as lettuce.

**Basic Juice Blends**

**Fruit Combinations**
- Watermelon, grapefruit
- Apple, watermelon
- Apple, pear, pineapple
- Apple, grape
- Apple, cranberry
- Apple, pear
- Pear, yam
- Watermelon, lemon
- Pineapple, sweet potato

**Note:** Due to high amounts of sugar found in fruit and because of the Candida-heartburn connection, heartburn sufferers should limit the intake of fruit juices to a maximum of one serving per day.

**Carrot combinations**
- Carrot, beet
- Carrot, beet, green pepper
- Carrot, beet, green pepper, parsley
- Carrot, cabbage
- Carrot, spinach
- Carrot, apple, alfalfa sprouts
- Carrot, spinach, kale, red pepper
- Carrot, celery, cilantro, garlic
- Carrot, parsley, cucumber, radish
- Carrot, mango
- Carrot, apple, ginger
- Carrot, celery stick, potato, radish, beet

**Note:** Carrots supply you with a lot of energy and vitality. However, due to a high sugar quantity found in carrots, heartburn sufferers should limit the intake of carrot cocktails to a maximum of one serving per day.
Warning: Never take beet juice alone. Always mix it with other fruits or vegetables. Beet is a very powerful cleanser, and if taken alone it may cause healing symptoms to become highly intense.

Green combinations

- Celery, spinach
- Celery, spinach, tomato
- Celery, spinach, tomato, cabbage
- Celery, spinach, tomato, cabbage, lemon
- Celery, spinach, tomato, cabbage, dill
- Celery, spinach, tomato, cabbage, cayenne, dill, ginger
- Celery, fennel (anise), cucumber
- Tomato, cabbage, lemon
- Lettuce, cabbage, celery, lemon
- Lettuce, spinach, cucumber
- Lemon, radish, beet, slice of Spanish onion, sweet potato, celery

Note: Green vegetable combinations are excellent nerve tonics, detoxifiers, and blood cleansers. One drink of green combination a day will provide you with more than enough.

Green juices are excellent for acid reflux sufferers. There is virtually no limit on green vegetable juices intake. I usually drink between one to two liters of green juice daily when I’m on a juicing fast.

Wheatgrass – The King Of Greens

Wheatgrass is probably the most powerful juice available on Earth. It has tons of chlorophyll, the green pigment found in plants (also called the blood of the plants) that has great healing powers.

Wheatgrass cleans the colon, alkalizes the blood, heals wounds, purges the liver, increases enzyme activity, and has lots of vitamin E and antioxidants.
The recommended serving is two ounces daily on an empty stomach. Don’t drink too much or too soon. It can lead to hyper-detoxification, which can result in nausea.

**Other Liquids**

Besides juices and water, there are several healthier options to choose from. You can drink herb teas or nut milks, for example.

**Herb Teas**

Herb teas are made of freshly cut dried herbs known for their culinary and medicinal values. They contain no caffeine and are highly therapeutic. Some herb teas will assist you with nausea and your appetite. Some will supply minerals and vitamins, and some, like comfrey, are very nutritional. There is almost no limit to how much herb tea you should drink during the fast.

Examples of therapeutic and nutritional herb teas are parsley, peppermint, cloves, alfalfa, comfrey, capsicum, chamomile, rose hips, and kelp.

To stimulate digestion use clove, cinnamon, or nutmeg. To stimulate the bowels use licorice or cascara sagrada.

Liver cleansing herbs: dandelion, burdock, yellow dock root (available separately or in the daily detox tea package available at: [http://www.amazon.com/DetoxTea](http://www.amazon.com/DetoxTea)).

Rich in magnesium: kelp, parsley, garlic, peppermint.


**Nut Milks**

Nut milks are great appetite breakers and are usually good for long fasts (more than two weeks) when some people’s appetites become overwhelming. Almond and sesame milks are very efficient at breaking an appetite for protein. They are good as pre-fast diets, especially for beginners.

Mix these nuts with a teaspoon of honey and a cup of water once in two days only when you’re on long juice cleansing and when you start feeling a craving for food. These nut milks are extremely high in protein and fat and are very nutritious.

Avoid cashews as they form a cashew purée (considered a breach of a fast), and their fat may slow down the detoxification process.

**Note About Protein and Fasting:**
Protein exists in every plant on Earth. It’s nothing but a myth that good
sources of protein can only be found in rich protein foods such as meat and cheese. Nut milks as well as wheatgrass powder can be good sources of protein during a fast but should be taken sparingly. In a detoxifying process, protein is not needed. You can practically live without protein for extended periods of time. However, an abnormal craving for rich protein foods during a fast is a dead giveaway that it’s time to end the fast.

**Apple Cider Vinegar**

This is a powerful antiseptic and antibacterial drink that I have already mentioned in the 2-day reflux relief treatment. You should buy only raw and unfiltered apple cider made from organic apples only. This drink will act as a powerful cleanser and will help maintain the acid-alkaline balance in your intestines. Add two tablespoons to a glass of water each morning on an empty stomach.

**Water**

Whatever you do, don’t forget water. Water is a powerful cleanser that flushes all kinds of liquids from your bladder and kidneys and digestive tracts. Water is extremely nourishing and also contains lots of valuable minerals.

It’s highly important to drink only pure water. No tap water is allowed. These waters are polluted in ways that make it a global problem. Avoid using distilled water also. This water is dead water. Try to avoid drinking spring water, which is what it’s named after – a natural spring. It’s not pure like most of our lakes and rivers. Stick with filtered or mineral water.

Mixing lemon juice in water also has a laxative effect that stimulates the digestive system. Squeeze half a lemon into warm water. Drink your citrus blend immediately after rising in the morning and before having the bentonite clay and flaxseed shake.
During the Juice Cleanse
What to Look out for during Juicing

Be on the alert for any allergy symptoms. If you have diabetes or low blood sugar, then refrain from sweet juices as you do with sweet foods. These are healing symptoms that may be similar to the symptoms of flu (fever, muscle aches, weakness, bronchitis, asthma). Bear in mind that this is simply the reaction of your body to the vast amount of toxins that now circle your blood stream before they are expelled. Wherever these toxins pass, the organ they’re passing through will show the symptoms of that organ-related disease. If they are trying to get out through your lungs, then you’ll get asthma, through your skin, then you’ll get acne, rashes, and thrush. But don’t panic. These healing events are short-lived, and the more intense they are, the greater your reward will be.

**Important note:** If your symptoms are truly extreme (for example, if you have a very high fever), then it may be time to break the fast. By consuming food, you’ll dilute the toxics in your blood stream and feel at ease.

How To Drink Your Juices

Especially when it comes to vegetable and fruit juices, it’s highly recommended to “chew” your drink and warm it in your mouth so it will reach your body’s temperature. Your juice will get mixed with saliva, which will assist your body in absorbing all the nutrients found in the juice.

Also, leave your vegetables outside your fridge for half an hour before you juice them. It will help the enzymes work even better.

Exercise

Exercise is always advisable. It provides oxygen to the skin cells, and by increasing the flow of blood, it also shortens the healing process of the skin and cleans it from within.
During fasting and a detox diet, it's important to get involved in some exercise activity.

Aerobic exercises such as swimming, walking, jumping on a trampoline, and biking are the best because they require an effort from the respiratory system without too much stress and energy. Thus the lungs increase their activity and expel toxins. The lymphatic system also removes waste.

Yoga is also effective in releasing toxins, oxygenating the blood, and relieving accumulated tension.

**Note:** Do not participate in extreme physical activity. You must keep in mind that you’re on a strict diet, and it can cause fatigue and nausea. This includes running, jogging, weightlifting, and so on.

### Helping the Organs of Elimination Remove Toxins

#### Liver

The liver is an important detoxifier. During a fast it neutralizes and filters toxins coming from other parts of the body as well as expelling its own. However, it’s not busy processing newly digested food. This is the time to let the liver rest and clean itself. You can use juices such as wheatgrass, dandelion, parsley, lemon, and grapefruit and add a tablespoon of olive oil to squeezed lemon juice to stimulate the gall bladder to release bile.

Cara sagrada and black cohosh are great as cold compresses on the liver and gallbladder.

You can also visit your massage therapist and allow him or her to physically manipulate the liver to detoxify and pump the liver slowly to gently to release toxins.

#### Kidneys

The kidneys have the important role of purifying the blood and eliminating fluid waste. Drinking a lot of purified water during the fast is a real blessing to the kidneys. Various herbs such as parsley and gravel root can assist
in kidney cleansing and help remove stones.

Cranberry, wheatgrass, cucumber, and asparagus are also effective kidney cleansers. Taking vitamin C can aid kidney infections.

**Colon**

The colon’s main function is to eliminate waste. In fasting there is still waste buildup in the colon pockets, and as they begin to empty, they contain a variety of toxins and acids. Unless these are eliminated, they will be reabsorbed into your colon, resulting in allergies and headaches, among other symptoms.

Using enemas, flaxseed, and bentonite shakes will help the colon expel most of its toxins.

Wheatgrass and peppermint act as colon healers, whereas cascara sagrada and mandrake help with the expulsion of toxins.

Juices from apples and carrots serve as great laxatives. Practicing deep breathing may also help to regulate the elimination of toxins and help to heal the colon.

**Lungs**

The lungs absorb and eliminate a great deal of toxins from the air you breathe each minute. Deep breathing techniques will help the lungs eliminate pollutants much more effectively.

Yoga breathing strategies such as nostril breathing can really aid the process. Drinking alacampange and comfrey herb teas combined with mild aerobic exercise can also help.

**Skin**

The skin, the largest organ in your body, expels toxins all the time, so you should treat it with the respect it deserves. While fasting, it’s advisable to indulge your skin – brush it, clean it, and scrub it to help it expel and eliminate toxins more effectively.

To make sure your skin breathes during fasting, avoid synthetic cloth-
Taking short sun baths (Don’t burn yourself). Take daily Epsom salt baths and steam baths to accelerate toxic elimination. Rub vitamin E and aloe vera on the skin to prevent dryness.

**Keeping a Diary**

Some good advice while fasting is to observe your thoughts and feelings during a period without the occupation of eating and digesting. A diary will externalize your deepest feelings, and you’ll be able to follow changes in your attitude, notice your weak moments, and differentiate between real physical hunger and pure boredom or temptation.

You’ll be able to observe and educate yourself from your fasting behavior. Note in your diary your interest in food and your anger about not having a “real meal.” Usually when real anger attacks you, it’s a sign that the fast needs to end.

**Vitamin and Mineral Supplements During the Fast**

Vitamins and supplements are solid food and thus are a breach in your fast if taken. Besides, you don’t need vitamins during a fast as the highly nutritional juices (especially if organic) supply your body with almost everything it needs, and more, for that period of time. Vitamins can also disturb the delicate chemistry balance in your system.

**Preventing Re-Absorption of Toxins into the Blood Stream**

**Fiber and Fasting**

Taking fiber during fasting can slow down the healing process of the body because it stimulates the digestive system to work. By consuming only juice without fiber during your fast, you allow your system to rest and intensify the healing process.

However, without fiber, which is essential for sweeping toxins out of your body, toxins will not be expelled through the colon properly and may reabsorb into the blood. The following methods solve that problem.
Enemas

No matter what negative associations the enema may stir in your mind, doing an enema once a day during a fast is not only compulsory but also very relaxing and even an enjoyable experience once you get used to it.

Enemas are simply meant to rinse your colon with water. Enemas are not intrusive. They are cheap and are done in the comfort of your own home. Enemas are, in a way, about taking responsibility and treating your inside organs with respect. You must help your body discharge accumulated waste that it cannot expel by itself during the fast because there is no bulk of food to help.

One of the reasons why you should pre-fast with raw vegetarian food is that it makes your stool soft and fiber-rich, which is far easier to pass than using a water flush.

There are several types of enemas. I recommend using the water bag enema.

The Process

Rinse the enema bag and fill it with lukewarm purified water. A mixture of salt and baking soda can be used to stimulate the immune system. About 1 teaspoon is enough.

Hang the bladder about three feet above the floor. This height makes the ideal water pressure.

Use a lubricant gel to lubricate the enema tip and anus.

You can lay on your side in a comfortable way or simply position yourself on the toilet. However, the optimal position is simply lying on the bathroom floor head down with your buttocks up.

Relax and plant the enema tip fully into the anus and keep a steady flow of water in. It’s normal to feel slight cramps; however, if it doesn’t feel comfortable, close the tap temporarily, relax, and go again.

Repeat the process for several times until the enema bag is empty.
Some good advice is to massage your abdomen during the process. This will help the enema fluid enter deeply into the colon.

**Special Enemas**

Depending on your purpose, you can add various mixtures into your enema water to make the procedure more beneficial. For example, you can add wheatgrass to your water, which stimulates the liver to purge itself and alkalinate the colon. You can add acidophilus to re-establish the friendly bacteria or add vinegar to maintain the proper pH in the colon.

Believe it or not, two tablespoons of coffee (organic, fully caffeinated) when taken into the distal sigmoid colon only, can significantly accelerate the detoxification and cleansing of the liver and gallbladder and is especially beneficial before conducting a liver flush.

You can get an enema bag at: [http://www.optimalhealthnetwork.com](http://www.optimalhealthnetwork.com).

**Warning about Electrolytes**

As with beneficial bacteria, you want to ensure that your electrolytes are balanced before and after performing an enema or a liver flush. An electrolyte is a solution or substance that carries electric charges. They exist in the blood as acids, bases, and salts (such as sodium, calcium, potassium, chlorine, magnesium, and bicarbonate). The salts or electrolytes in our bodily fluids allow our nervous system to function properly.

As such, it is imperative to replace the electrolytes after an enema or a liver flush. This can be done by drinking liquids such as Pedialyte, Gatorade, or a glass of water with sea salts.

**Psyllium, Flaxseeds, and Bentonite Shakes**

Psyllium and bentonite are known as excellent colon cleansers. They create a bulk of fluids as they go through the intestinal tract. They absorb and sweep food materials from blocked areas as they move.
Colon cleansers will help you get rid of tons of food debris that may be accumulated inside your colon. These powders should be consumed with lots of water so they will soften the bulk and prevent it from becoming too hard, which would make it difficult to pass through the intestine.

Bentonite clay and flaxseeds as a mixed shake also aid the colon cleansing process. The bentonite-flaxseed shake acts as a laxative in absorbing and binding toxins, such as pesticides, to form a gel and carry it out of the colon. Flaxseeds alone also absorb water.

**How to Make the Shake**

Mix one tablespoon of liquid bentonite with one tablespoon of ground flaxseed/psyllium in a glass of water. Take it in the morning immediately so you don’t end up with a glass full of gel.

**Intestinal Bacteria Replacement**

Hormones, antibiotics, drugs, and other toxins have a devastating effect on the friendly intestinal bacteria that is so essential in helping the body fight Candida and acid reflux, absorb vital minerals and vitamins, get rid of the toxins accumulated due to constipation, and maintain the proper pH in your GI tract.

During fasting, large amounts of toxins are expelled from the lymph glands that also affect the survival of the beneficial bacteria. The use of an enema also depletes the friendly bacteria.

Therefore, it’s mandatory that during fasting you must make an effort to reestablish the friendly intestinal bacteria. The solution is quite simple. Take two capsules of acidophilus and bifidus together with two tablespoons of goat milk yogurt and mix them together along with a half cup of warm water. Add this blend to the enema kit, and make an effort to keep the mixture inside your colon for at least 10 minutes.

By incorporating this procedure into your daily enema routine, you ensure...
the friendly bacteria will thrive during your fast.

Choosing a Juicer

When searching for a juicer, besides obvious factors such as quality and price, you must take into consideration another highly important factor. Your juicer of choice must be operated on low speeds so it will not damage the juice by having it absorb too much oxygen, heat up the juice, and deplete it of most of its vital fragile nutrients.

Most juicers operate on high speeds from 1,000-24,000 RPMs (rounds per minute). Low RPM speeds will ensure the preservation of the quality nutrients without destroying the natural flavor of the fruit or vegetable.

A juicer can easily be cleaned and is not limited to juicing only. Certain fruits or vegetables are also important elements you should consider when choosing your juicer.

I found the Omega Model 8003/8005 to be the only cost-effective juicer having all the above qualities and more.

It juices all types of fruits, vegetables, wheatgrass, and even other solid foods such as coffee beans, pasta, and nut butters. It has a built-in “reverse” that prevents clogging, turns at a slow 80 RPM, prevents heat from building up and is very easy to clean.

You can find out more on the Omega Model 8003/8005 juicer at:
https://amzn.to/2Obhbjm

Getting Rid of Parasites to Enhance Immunity – One-Week Program

No cleansing protocol is complete without killing the parasites that inhabit your system.

Parasites are living organisms that eat, lay eggs, and secrete toxins into your bloodstream. They live off the food you supply them with (especially sugar). They grow healthy and fat and may remain in your body for decades without you even knowing it.
These parasites reproduce inside your body, feeding themselves from minerals like calcium. They eat essential protein and damage your lungs, joints, nervous system, and liver. This results in many illnesses such as severe allergies, arthritis, anemia, and digestive disorders that include acid reflux.

Some parasites can grow up to 15 inches long, inhabit your digestive tract, and secrete toxins that create toxic overload.

The most effective and natural way I have found to eradicate parasites is by taking wormwood, cloves, black walnut, and garlic herbs daily for the whole week. This will kill most parasites.

However, as parasites secret ammonia, which is a powerful toxin, you may feel slightly ill in the process, but don’t panic. It’s only for a short while.

An excellent black walnut and wormwood tincture is available at: https://www.amazon.com/BlackWalnut

Another good alternative for killing parasites is consuming plenty of raw garlic. Just be careful. Garlic can encourage a life of solitude and can irritate an existing reflux condition. Raw pumpkin seeds are also a good source and contain fatty acids that help in parasite eradication.

Due to its tremendous nutritional value, coconut oil is also highly effective for killing parasites. Add it to your menu even if you experience no symptoms of parasites.

A good quality extra virgin coconut oil is available at: https://amzn.to/2xEzwMa.

Throughout the week, make sure you adhere to the 10 dietary principles outlined in Step #2, and your parasites will be history.
Step Five: Eradicate Candida Infection and Flood Your System with Probiotics

After you have completed the bowel cleanse and performed the 7-day parasite cleanse in conjunction with the dietary and supplementation protocols, this is the perfect time to kill Candida once and for all and create an optimal acid reflux-free environment.

After you have killed Candida, you should also take the necessary precautions to prevent its regrowth. This can be done by maintaining the dietary protocols and keeping the bad bacteria in control by colonizing your system with friendly probiotic bacteria on a daily basis.

5-Steps to Building a Candida-Free Environment

A juice cleanse serves as a partial solution for killing Candida if limited only to low-sugar, non-starchy alkaline vegetables like green leafy vegetables, garlic, parsley, ginger root, onion, and peppers. It can both boost the immune system and cause the Candida to stay dormant.

In water fasting you practically deprive the Candida from any type of sugar whatsoever, thus making it temporarily dormant, which allows the immune system the time and means to eradicate it. However, killing Candida is a long process, and short water fasts (three days or less) won’t be enough, especially in cases of severe Candida growth.

Candida is a very stubborn fungal organism that thrives and feeds itself...
in a variety of ways, with a significant help of modern industrial foods, western nutrition, modern urban lifestyle, and low-quality human maintenance.

Yeast grows when antibiotics, drugs, birth control, and hormone pills are taken as they kill the good bacteria. Yeast grows on partly digested foods that enter your colon when you don’t chew your foods enough or eat the wrong food combinations. Yeast feeds specifically from refined sugars and high starch/carbohydrate foods. This explains the cravings most people have for sweets and bread that are almost equal to the cravings they have for alcohol.

Yeast grows in a very acidic environment where alkaline foods are not taken properly to balance your inner PH levels. Yeast also thrives on stress as stress shuts down the immune system.

It takes more than one factor to create the environment that makes fungal organisms like Candida grow.

**Killing Candida** is a process that begins by changing the internal environment of the Candida. This is done by:

**Step 1. Changing your blood more alkaline and less acidic** and by minimizing or temporarily eliminating any kind of sugar from your diet along with eating foods that alkalize your blood like low-sugar vegetables and wheatgrass juice. This will make the stubborn Candida temporarily dormant.

If you have moderate to severe candida infection, then you need to eliminate all refined carbohydrates and gluten grains. Non-gluten grains such as amaranth and quinoa can be eaten in moderation. You should avoid or limit the consumption of red meat, all fruit (with the exception of cranberries, lemons and limes), all preserved and canned foods, moldy veggies like corn, yeasty foods like mushrooms and vinegar (Apple Cider Vinegar is an exception), all dairy products (es-
especially from cow’s milk while goat’s milk, and sheep’s milk products can be eaten in sparing moderation), egg whites, alcohol, and caffeine.

Note: The best advice regarding fruit is to limit their consumption to one portion a day in the morning. Do not eat moldy fruits like bananas or extremely sugary fruits.

The following fruit should be avoided: frozen, canned, and dried fruit, frozen fruit juice, oranges, bananas, melons (especially cantaloupe).

If you have severe Candida infection, then no fruits or sugary vegetables such as carrots and beets are allowed.

Step 2. Taking supplements that enhance the immune system. (You have already taken some of these supplements on the second step.)

Step 3. Cleanse your system. (The juicing protocol will take care of that.)

Step 4. The next step involves taking specific anti-Candida supplements (Wormwood, Black Walnut, cloves, olive leaf, oregano oil, Candigest)

Step 5. The last step is to re-establish the colon with friendly bacteria that fight and help control Candida growth.

Protocol #1 – Olive Leaf Extract and Oregano Oil

This protocol involves adding olive leaf extract or oregano oil along with garlic and ginger root to your diet. These ingredients are powerful antifungal agents that if taken with persistence will ultimately kill Candida.

Olive leaf extract will eradicate Candida and kill any residual bacteria you may have in your gut including parasites. Olive leaf extract is also a very potent antioxidant and will also help prevent the spiking of blood sugar levels that feeds Candida.

You should take 1000 to 2000 mg of olive leaf extract daily on an empty stomach.
Oil of oregano is one of the most powerful anti-Candida supplements. It can kill all forms of bacteria, fungi, and yeasts. Since oil of oregano is very potent, mix one part of oil of oregano to five parts olive oil. A few drops is all you’ll ever need. You can use oil of oregano to blend salads.

**Caution:** You should experiment with your doses of oil of oregano.

If you have a severe case of Candida, then you should start slowly with the doses. Otherwise, you might experience a die-off effect of the Candida and parasites, which can manifest in flu-like symptoms, allergies, fever, and nausea.

**Protocol #2 – Caprylic Acid**

Caprylic acid, or calcium-magnesium caprylate, is another powerful anti-Candida and antifungal agent. Here you should also start gradually and slowly and experiment with the dose to prevent the die-off effect.

For seven days you can safely take up to 500 mg daily. Try to identify your reaction to the dose. If after seven days all is well, increase the dose up to one gram a day. Do this for about three weeks until you have raised the daily dose to three grams.

**Protocol #3 – Candigest**

Candigest is one of my most recommended anti-Candida supplements. Extremely potent, it has no die-off effect since the cellulose enzymes found in Candigest actually digest the cellulose (what Candida is largely made of) and kill the yeast without the die-off effect.

Candigest contains no antifungals, will not stimulate the yeast to produce toxins, and will eradicate most systematic heartburns with all its associated symptoms in less than 30 days.

Candigest comes in the form of capsules. You should take four capsules...
daily (two before breakfast and two at bedtime). The best advice is to buy Candigest Plus, which also contains an enzyme called protease that will digest the interior cell of Candida as well, and it supports the beneficial bacteria.

Notes on Olive Leaf Extract, Oregano Oil and Candigest Olive leaf extract, oregano oil and Candigest are very potent and should be taken only after the second cleansing protocol and for no more than two to three weeks in a row each.

Olive leaf extract should be taken between 1000 mg to up to 2000 mg a day.

Straight oil of oregano is more potent, so you want to cut the oil with olive or some other type of oil. Usually one part oil of oregano to five parts olive. You should take a few drops daily.

The idea behind taking the anti-yeast supplements for only three weeks is that these herbs, like most medicinal herbs, work in cycles. After two to three weeks they stop working.

After taking oregano oil for two to three weeks, take a break for two weeks and then take the Olive leaf extract for two weeks. Take another two-week break and so on. Do that for a period of no longer than eight weeks in total.

Taking four capsules of Candigest per day (two in the morning, an hour before breakfast, and two at bedtime, at least two hours after eating) will produce profound improvements in 6 to 30 days.

The time required for maximum benefit varies because we each have: Different candida severities
Different levels of immune strength
Different levels of healthy probiotics
Varying levels of stress

It is recommended to take Candigest for a period of 30 to 60 days.

Olive leaf and oil of oregano from North American Herb & Spice are available at:
Replenishing and Re-Colonizing Friendly Bacteria to Prevent Recurring Acid Reflux

By now you have successfully changed your diet, alkalized your system, enhanced your natural immune abilities, cleansed your bowels and kidneys and killed Candida. Now that you’re acid reflux-free, all you need to do is flood your system with the good friendly bacteria.

You need to re-introduce the probiotics bacteria to your body to keep a balanced bacteria environment in your intestines and to prevent the re-surfacing of Candida.

**Probiotics**

You should always make sure your bowels are well established with friendly intestinal flora (probiotics) to keep them away from parasites and Candida. Many studies have proven that flora supplements are not only essential to your overall health but are also crucial in fighting GERD symptoms.

Friendly bacteria often need to be re-established in your bowels due to chlorinated water you may be drinking, alcohol, drugs, and cigarette smoke.

The term probiotic means “for life” in ancient Greek. These friendly bacteria are cultured in a laboratory and are aimed at rebalancing the flora in your digestive system. These probiotic microorganisms pass through your system as they are still alive and inhabit your intestines. The probiotic bacteria also support good digestion, enhance your immune system, increase your resistance to infection, prevent the bad bacteria from multiplying, and produce natural side effects – free
antibiotics that can fight destructive organisms such as Candida also manifests in heartburn.

**Note About Yogurt:** Although eating yogurt, according to popular belief, seems like the right solution for that purpose, allow me to break this myth for you. The vast majority of industrial yogurts are heated. Yes, heating gives yogurt longer shelf life. The problem is that the heating process kills all the friendly bacteria. The majority of brands that carry the label “made with active cultures” are misleading since all yogurts are made with active cultures, but most of them contain little to no bacteria due to the heating process.

To get the friendly bacteria from yogurt, you must find one that is not heated, contains no sugar, additives, or coloring, and even then you will have to eat plenty of it to get the required probiotic amount.

Effectively re-establishing the friendly bacteria requires certain conditions:

You need to have the right pH level environment in your colon as too acidic of an environment may simply kill the friendly bacteria. You can achieve that by consuming lots of high-alkaline foods (see the acid-alkaline diet section).

To effectively help probiotics survive the journey through stomach acids to the intestines, you need to include prebiotic foods in your diet to help the friendly bacteria grow (more on that later).

You must find the right probiotic supplement. When you search for a probiotic supplement, look for a supplement containing large quantities of lacto bifidus and a supplement con-
taining high doses of acidophilus balanced with lacto bifidus.

There are two ideal whole food probiotic supplements that address these critical conditions.

**Option #1: Primal Defense**

Primal Defense is a whole food probiotic blend that contains 14 strains of plant-based soil organisms. As we already know, probiotics are important because they, among other benefits, help the growth of friendly bacteria and contribute to a healthy intestinal lining.

When healthy beneficial bacteria populate your intestinal lining, they can fight unwelcome organisms such as Candida that pollute your blood and deprive your body of essential nutrients.

Our soil has been sterilized with pesticides and herbicides that destroy most bacteria, and agricultural chemicals are responsible for destroying much of the beneficial bacteria in our bodies. Taking Primal Defense daily is a wise decision as it can seriously help the friendly bacteria to grow.

Primal Defense should be taken daily in addition to prebiotic foods as it contains the most powerful organisms that help establish the ideal environment for probiotics to flourish. Start by taking two capsules a day.

Available at: [http://www.amazon.com/PrimalDefense](http://www.amazon.com/PrimalDefense)
Chapter 4
The Holistic 5-Step Heartburn No More™ System

Option #2: Ultimate Probiotic 4 Billion

Another excellent probiotic is Ultimate Probiotic 4 Billion.

Each tablet has a patented gel barrier that protects the capsule from contact with the acid fluids in your stomach, ensuring better absorption of the delicate probiotic organisms inside the capsule.

This supplement delivers an unparalleled amount of probiotic organisms into your system, providing better digestion, defense against yeast and parasites, enhanced immune abilities and more energy and vitality.

Available at: http://www.amazon.com/Digestive-Bliss-Probiotic-Ultimate-4-Billion/dp/B000ACH4O8.

Prebiotics

Supplying live bacteria to the digestive system is not as easy as it seems. No one can guarantee the bacteria’s survival as they pass through the digestive enzymes and stomach acids in your intestines.

That’s why it’s so important to combine a quality probiotic supplement with prebiotic foods.

It has been proven that the friendly bacteria that thrive in your digestive system are able to do so because they feed themselves from certain nutrients found in certain foods. These particular foods can actually help the growth of friendly bacteria. They are called prebiotics.

Prebiotic carbohydrates, also known as fructooligosaccharides (FOS), are found in foods such as Jerusalem artichoke, tomatoes, asparagus, leeks, garlic, onions, honey, and bananas. These prebiotic foods should be combined with quality probiotic supplements to establish the ideal conditions for the beneficial friendly bacteria to thrive and help the digestive system effectively expel its own toxins.
Section Two – During the Program – Stress Control, Exercise, and Sleep Optimization

Stress, GI Disorders, and Acid Reflux

Recent studies have clearly shown a strong link between stress and most chronic conditions. Although in most cases stress does not directly cause the disease, combined with other factors such as bad diet, toxic buildup, loss of friendly bacteria, genetic tendencies, etc., it can significantly aggravate an existing condition.

In stressful situations, including anxiety, worry, and fear, the healing ability of the immune system decreases significantly, which results in a much slower healing process. Stress depresses your immune system since at the time of stress your body releases a hormone called cortisol, making your body defenseless against Candida and parasites. Stress elevates blood sugar levels, thus feeding Candida cells and allowing it to overgrow, causing many symptoms related to Candida yeast overgrowth. Stress also changes our bacterial internal environment in the gut as it decreases the friendly bacteria, which results in various complications related to the loss of probiotics.

It has not been clearly proven yet that the mind causes diseases, but as mentioned, your mind can certainly aggravate an existing disorder. When it comes to GI disorders, this connection is even more solid.

It’s a biological fact that nerves travel from the brain to many digestive
organs such as the esophagus, stomach, gallbladder, pancreas, small intestine, and colon. Since just smelling or seeing food – acts that call for small nervous discharge – increases the acidity in the stomach and stimulates contractions and enzyme production, it’s only logical that high nervous discharge that occurs during stressful situations can lead to extreme acid production, cramps, irritation, and abdominal pain and can certainly make acid reflux symptoms worse.

**The “fight/flight response”** is the body’s reaction to an extreme stressful situation that demands immediate action, usually when you feel you’re in danger of some sort. When your body steps into the f/f response mode, extreme changes are made to the brain, heart, circulation, and GI tract. The acid balance in the stomach can change, you may experience intense diarrhea, constipation and cramps, and acid reflux symptoms may worsen.

**Introduction to the Heartburn No More Stress Control Program**

To ensure a reflux-free environment, it’s highly advisable to use all means to control stress and avoid stressful situations.

Stress cannot be totally eliminated as it’s part of human nature and modern life, but it can be significantly reduced and monitored by developing stress mind control and relaxation techniques that will help you deal with those harmful and extreme stressful situations – the byproducts of a modern social environment.

You must understand that stress is only a result of your own perceptions of events and the way you react to these perceptions. Changing our perceptions of things and taming our minds to react differently, thus getting rid of the stressful threat, can control most if not all stressful situations.

This chapter offers proven, highly effective techniques for reducing
stress and developing a positive attitude – important in maintaining a well-balanced and functioning acid reflux-free environment.

Besides incorporating these stress control guidelines into your daily routine, it’s crucial that you learn how to get a quality sleep.

As you will see later on, there is a scientific link between sleep deprivation, the way you sleep, insomnia and heartburn, and I have provided a well-structured sleep optimization plan that will ensure you get to sleep and stay asleep for a sufficient time. This will have great impact on your reflux condition.

As for the stress control program, I encourage you to practice at least one of the following relaxation techniques on a daily basis. Some of these techniques and tips may sound slightly off the wall at first, but trust me, once you practice them with devotion and conviction, you'll be completely amazed at how well your reflux condition will improve as well as your mental and spiritual well-being.

**The Wonders of Meditation and Correct Breathing**

Meditation is the general term for the practice of quieting the mind and opening it to various states of consciousness. The main goal of meditation is to suspend all thoughts to achieve a silent state of mind that ultimately leads to the meditative state.

Meditation aims both at achieving higher knowledge as well as a state of utter relaxation and mental hygiene. In a meditative state we reach a powerful conscious state of identifying our immortal soul and our individual self and its relation to the cosmic spirit, also referred to as intuitive enlightenment.

This enlightenment is based on the unity between our individual self and the spirit of the cosmos, where the ego is dissolved and the core of one’s existence becomes clear and vivid. In meditation, the individual experienc-
es an inner peace of mind and a sense of floating with the course of nature, also referred to as Tao.

The daily practice of meditation can yield great rewards to the body and soul.

Meditation can protect the individual from stress, which is an integral part of modern existence, and help us deal with the overwhelming changes and challenges of modern life.

Meditators have reported a significant improvement in their health, self-mastery, and tranquility.

Scientific researchers who have studied the effects of meditation have shown a state of relaxed muscles and lowered blood pressure during meditation, resulting in reduced buildup, stress and tension. Brain waves exhibited slow patterns in meditators' EEG tests in comparison to ordinary states of sleeping or walking.

The regular practice of meditation relaxes the cardiovascular, musculoskeletal, glandular, digestive and nervous systems. Meditation also promotes the healing process and increases strength, energy, and vitality.

Some stressful situations can be quite devastating to our health, causing a great deal of disharmony and imbalance in our bodies. All yoga techniques are aimed at controlling the way we react to stressful situations. By practicing only the postures and nothing else, you can still achieve more relaxation and harmony.

I have gone through great changes through my own experience with meditation. My self-awareness and self-acceptance have dramatically increased. I’ve become more relaxed and more at peace with my surroundings. I’ve learned to identify negative emotions resulting from stressful situations and control the way I react towards them. I have become more attached to myself and have developed a powerful positive thinking and attitude towards life.
How to Meditate

The various meditation traditions share two basic techniques:

◆ Focusing on your breathing.
◆ Using mantra (which is a word or a phrase repeated to enter a meditative state that quiets and elevates the mind).

Note that to actually succeed in meditation, you have to be willing to practice it regularly on a daily basis. Several minutes a day are all you need to achieve dramatic control over your anxiety and relax your body and soul. You’ll feel stronger, more coordinated, younger, and healthier. You’ll develop personal equilibrium and inner peace of mind.

General Guidelines for Meditation

I have found that the ideal time to meditate is either early in the morning or just before going to bed.

Find a place with no distractions, someplace quiet and comfortable. Wear comfortable clothing and sit or lie in a comfortable place like your favorite sofa.

The type of posture you choose is up to you. What’s important is that you feel totally relaxed and comfortable. My favorite posture is named the corpse posture, or Savasana, where you lie flat on your back outstretching your legs. Make your feet fall outwards, and make your arms lie alongside your body. Your palms must be turned up and your fingers curled. I usually place thin cushions behind my neck.

Meditation through Breathing

Why Breathing?

When the body stressed, breathing becomes short and rapid, and there is an increase in heartbeat rate. When breathing is incorrect (breathing shallowly with your upper lungs only or breathing rapidly), it causes you to breathe your own carbon dioxide and get less oxygen into your blood.
stream. This enters the body into a state of stress. When your breathing is rapid, the body presumes you are in a state of suffocating, leading to anxiety and even panic attacks.

Correct deep breathing is also essential on a cellular level. The more oxygen you give your cells, the healthier you will become.

You must learn to breathe correctly using the optimal breathing exercises. The correct breathing will ensure you will get more oxygen into your blood stream, and it will calm your mind and help cells remove toxins more effectively. Correct breathing incorporated into daily meditations is a serious life changer.

**How to Breathe Correctly**

Correct breathing is deep breathing. When we are asleep, we breathe deeply in a natural way; thus correct breathing must simulate sleep. When you inhale, you must fill your lungs gradually – first the lower part of your lungs, then the middle, and only then should you fill the upper part. The opposite applies when exhaling. You first empty the upper part, then middle, and only then the lower part of your lungs. Breathing must be through your nostrils and not your mouth.

**Inhaling**

Inhalation must be done in a continuous flow divided into three parts, each smoothly connected to the other.

When you inhale, you must first push your stomach forward. Try and concentrate on your stomach first. Then you should let your ribcage extend, and only then should you lift the chest and collarbone up.

**Exhaling**

Automatically let the collarbone and your ribs expel the air out. Then you should slightly push your stomach in to let go of any air left in your lungs.
Breathing Exercises

Nostril Breathing

The following exercises should be conducted several times a day:

- Close your right nostril with your thumb and breathe out through your left nostril.
- Slowly inhale through your left nostril to the count of four.
- Close both of your nostrils and hold your breath for 16 seconds.
- Follow the same procedure with your left nostril closed.
- Close your right nostril and exhale from the left.

Abdominal Breathing

- Lie down on your back, relax, and start breathing in through your nose.
- Exhale through your mouth.
- When you inhale, try to focus on your breathing, and take the air slowly from your abdomen.
- Do this exercise for at least 15 minutes.

Meditation through Imagination

- Close your eyes and try to become aware of your breathing. You can achieve that by focusing on the sound of your breathing as you inhale and exhale or by listening to your heart rate.
- Try to concentrate your thoughts strictly on your breathing, but allow your thoughts to come and go at will. Don’t fight them. All types of thoughts will go through your mind as you breathe. Remember, these are only thoughts. Don’t let them distract you.
- Make sure you exhale only when your lungs are completely empty.
◆ Your breathing will become smooth and quiet. You will notice you breathe in even rhythms.

◆ Try to gradually listen to sounds that are farther away than your body. You can try listening to the sound of the wind or trees outside your window.

◆ Take it even further and imagine listening to more distant sounds like the ocean. Imagine you are lying on a beach, and try to feel the gentle touch of the sand and breeze on your face.

◆ Imagine there is a hole in your back where all the tension drains away, or imagine a gentle stream of water that runs through your body and purifies it. Imagine the water filling every part of your body and then flowing away through your fingers and toes.

Meditation through Mantra

◆ Start the mantra technique with exercising and regulating your breathing.

◆ Choose a word or phrase (preferably a meaningless one like “hmmmmmm....” It’s known that meaningless words are less thought-distracting).

◆ Close your eyes and breathe naturally for one minute before you start repeating your mantra.

◆ Become aware of your breathing, and repeat your mantra out loud.

◆ Allow your thoughts to come and go at will.

◆ Repeat your mantra for 15 to 20 minutes. In most cases you’ll enter a state of deep relaxation.

◆ When you’re finished, slowly and gradually change your posture and return to full awareness.

The Importance of Laughter

Laughter, besides being a powerful brain, respiratory, and hormonal sys-
tem stimulator, is also very effective at lowering blood pressure and lessening depression, and of course it is an excellent stress reductor.

Laughter is the simplest way to feel good and release accumulated tension. Sigmund Freud referred to laughter as a very safe way of releasing anxiety, anger, fear, aggression, and tension.

The most important thing with laughter, in regards to GERD, is that it significantly decreases stress-related hormones such as cortisol, which depresses the immune system.

Also, while decreasing the stress hormones, laughter releases hormones such as endorphins and neurotransmitters that make us feel good, helping to prevent us from falling into a state of anxiety. Laughter reduces stress in a way that stimulates the body’s natural built-in mechanism aimed at improving your health.

To conclude, laughter is a remarkably effective tool in reducing stress and improving your well-being, resulting in the acceleration of the healing process that contributes to an acid reflux-controlled environment.

No matter how gloomy you may feel, laughter should be “exercised” on a daily basis as it will yield remarkable results. If you think about it, it’s not much of a challenge. Go see a funny movie, read funny e-mails, think of crazy situations you were part of, or even fake laughter. It will almost have the same effect.

Try to laugh out loud at least several times each day – the longer and deeper the better. The results on your reflux symptoms as well as on your well-being will surprise you.

**The Magical Powers of Exercise**

As we already know, stress puts your body in a state where great tension builds up in the muscles. Exercise can relieve that tension, especially intense aerobic exercise. Intense and regular
aerobic exercise also increases endorphins and neurotransmitters that naturally help your body to become more relaxed.

Regular exercise incorporated into your lifestyle such as aerobic dancing, fast walking, swimming, running, and cycling will keep your stress levels low and help you cope better with stressful situations. Don’t participate in competitive sporting activities such as tennis or basketball as they can add stress.

Exercise can also help reduce GERD symptoms and improve immune abilities because of the following:

◆ Exercise improves the functionality of your internal organs, which helps your body remove toxins more effectively and more quickly.

◆ Exercise improves digestion.

◆ Most importantly, exercise improves the functioning of all organs including the organs of elimination. This helps the body discharge waste more effectively.

◆ Make it a daily habit to walk in the fresh air, ride your bicycle, swim, jog, or wrestle.

The Exciting World of Photography

Photography is an exciting and fascinating world. I am speaking of the emotional and mental experience and not just the technical details.

Taking pictures of the world, including your loved ones, wildlife, nature and even still objects can have a profound impact on the ability to distract and divert you from stressful situations.

Taking pictures is a very relaxing, almost meditative action.

The simple action of looking through a lens and “controlling reality” using all sorts of techniques (lighting and filters among them) will give you a
whole new perspective of the world – and of yourself as well. It will gradually reduce your selfish thoughts and petty conceptions of the world as you start to appreciate that you are part of the world, that you are alive and healthy.

You don’t have to study photography to take pictures, but the technical elements and the ability to self-compose a quality shot contribute a lot to the quality of your photos and to the emotional experience.

I urge you to consider studying photography part-time, or at least go out twice a week and start shooting pictures of the world. It will provide a wonderful way for you to occupy your conscious mind and to divert it from harmful, stressful thoughts. Just try it. You’ll never regret it.

**Stress Control through Mind Techniques**

The following is a mental stress reduction plan aimed at controlling the way you perceive and react to stressful situations. The plan is divided into powerful steps listed in chronological order from the easiest to implement to the most challenging. Although I do recommend following all the steps in their natural order, you could implement only several of these steps and incorporate them into your life, which can have a great impact on the way you react to stress and on your overall well-being.

**Make a List of Your Stress Triggers**

The best way to begin your personal battle with stress is to identify its sources. You must seek and find what triggers your anxiety and stress. You are likely to find that many of these physical, mental, and emotional triggers are completely dependent on your point of view, and you must either learn to change your perspective or alter your behavior as if you wish to control stress.

Many extreme events in our lives can lead to a stressful situation such as
a job layoff, relocation to a new environment, broken marriage, death of a close friend and so on. However, the daily events of our lives seem to have a greater stress impact than the great tragic ones. A demanding job, a hostile boss, troubles in our marriage, credit debts, and so on can lead to much greater anxiety and stress.

The practical step that will help you identify those daily hassles that trigger stress would be to make a list of all situations that make you nervous, angry or frustrated. Dig deep down and try to find out why a specific situation makes you stressful. Does it remind you of an unhappy incident in your past? What specifically makes you stressful about that situation?

The goal here is to clearly identify your stress triggers so you can later control and reduce them.

**Identify Your Reactions to Stress and Observe Yourself from the Outside**

Many researchers claim that stress, when repressed long enough, can contribute to cancer and other chronic diseases. There are various ways in which we express our stress: grinding teeth, overeating, under-eating, rage, swinging our feet, increased heart rate, waking in the middle of the night, and so on.

If you make an effort to reduce your stress triggers, then you'll also notice how these symptoms suddenly evaporate. Many times we are not capable of realizing we are in fact in a state of stress. It's important to make a list of all your personal-related stress symptoms and identify them once they appear so you'll be able to do all the necessary actions to reduce stress as you experience it.

However, it's not enough to identify the symptoms of your reaction to stress. To make a change, you need to temporarily get out of your skin and observe your thoughts from the outside. I know it's hard, but try to act as
a witness reporting the behavior of a man in a “crime” scene. The man in the scene of the crime is your thought at the time of stress. Imagine the man is about to perform a crime, and only you can prevent it. The point is, your thoughts create your reality, and you can choose to let your thoughts (at the time of stress) get out of control and commit a “crime” (getting you into a stressful situation and all its related implications), or you can simply choose to prevent the “crime” by altering or redesigning your thoughts. If you cannot change the circumstances, then why not change your point of view. The next time you realize you are in a state of stress (according to the list of symptoms you created earlier), observe your thoughts from the outside and ask yourself how you can change them.

**Confront and Neutralize Your Stress**

Anxiety triggers many stressful situations – the fear is that we may not be able to accomplish our duties and tasks. To overcome that you must set priorities and plan your tasks ahead of time according to importance, limitations, and deadlines.

Strive to accomplish one task at a time; don’t try to finish all your assignments at once. Always plan ahead and make sure you set realistic goals as well as realistic deadlines as much as possible.

If you know well ahead that the freeway to your desired location will be bumper to bumper all the way, then you can either avoid driving this freeway, choose a more optimal time of day, choose an alternative freeway, choose an alternative location, or give up driving for that day.

If you’re consumed by feelings of guilt and remorse because of something you might have done in your past, then try to confront that feeling by either facing the source of your guilt (if possible), or if you can’t face...
the source of guilt, then change your perception of the past. Yes, the past can be changed. Alter your past, learn from your mistakes and move on. It's that simple.

The point is to become more flexible, more reasonable, and more practical. If you know a situation is potentially stressful, then take action to avoid it. This will be enough in most cases to reduce stress. If you can’t avoid it, be creative and try to figure out a way to take a positive approach that will diffuse the tension.

Convert Negative “Self-talk” into Positive

There are many self-talk thoughts that run through your mind at potentially stressful situations. Below is an example:

“Lines drive me crazy. If this line doesn’t move in the next two minutes, I swear to God I will do something drastic,” or “What? It’s 10 p.m. already? I will never finish that essay. What am I gonna do? It has to be turned in tomorrow. I will never make it. I’m dead.”

You must learn to diffuse this self-talk by simply replacing the negative thought with a positive thought. Identify those thoughts when they attack, and strive to find at least one aspect within the external stressful situation that can be programmed and converted into a positive. You can always find one.

Incorporate Recreation into Your Life

To find the right balance between working and playing is critical to your mental health and overall well-being. It’s also a great way to eliminate various stress triggers that arise from having little or no time to diffuse tension and to relax. There are many ways you can balance your work with recreational activities that can calm the mind and diffuse stress.

Set up a special time each day for your hobbies. If you don’t have a hobby, then create one. Spend more time with your family, communicate with
them, and share your thoughts as well as your fears. Each day invest an hour to fulfill your spiritual needs, whether it’s writing, reading, meditating or any other creative activity that is emotionally and spiritually fulfilling.

It’s also important to get fully detached from your work and other subjects that may concern you several hours before you go to bed. It will ensure a good night’s sleep and a balanced mind.

**Don’t Repress Your Stress; Talk About It**

Make sure you don’t keep all your anger inside. This is critical. Repression is a dangerous stress creator, and you must learn not to succumb to it. Learn to converse and talk about what’s bothering you. When you communicate with others about your thoughts and feelings that lead you to anger and stress, try to be honest and direct. Do it gently and calmly.

Don’t be aggressive or hostile. Share your feelings with others about yourself and your relationships with them. It will help you understand many stress-related aspects about yourself. It will also help you drain the tension that may have been accumulated between you and the external sources of tension. It will also help you prevent future potential stress situations.

**Detach Yourself from Negative Aspects**

Perhaps the most effective approach to external condition changes is developing a detached mind. Many of us have the tendency to have our state of minds and emotional being constantly fluctuated and changed from optimal (happiness, contentment, appreciation, and satisfaction) to worse (anger, depression, hostility, and stress), depending on external changes. By developing a detached mind, you will accept the positive warmth and great things in life while detaching from the negative aspects by simply allowing them to enter your system and be drained out without any effect on your well-being.
There is a great logic in detachment, and it’s practical too – once you understand the futility of changing your state of mind or your mental condition in response to negative external changes. Instead of getting angry and stressed because of an external event, strive to alter your point of view. Accept the good things as they come, and alter your perspective on the negative things. Let them flow through you without harm. Remember, a problem is first of all a viewpoint, a perception. Change the perception, and you no longer have a problem.

If a person gets angry with you or expresses selfish behavior, then remember that it’s not his words that can harm you, it’s your view of his words. You have the right to change your point of view. Nobody can take that from you. Change it and let negativity evaporate.

**Accept Things as They Are**

Strive to accept things that cannot be changed as things that cannot be changed. This sounds simple, yet many of us have a huge tendency to fight windmills or at least get angry and frustrated when we realize there is nothing we can do that will change the way things are. Nobody likes to feel helpless. We all have a control addiction to some degree.

Getting out of that control fixation is one the most mentally challenging tasks you’ll have to face if you wish to conquer fear and stress. Stop wasting mental and emotional energy on unalterable things in your life and the lives of others. It’s a great way to reduce many stressful situations that rise simply from an unhealthy attitude.

**Sleep Optimization Plan**

Sleep is a natural state of rest when we temporarily lose our consciousness of the world. Sleep is also a building process when the body restores its energy supplies that have been depleted through the day’s activities. In
a state of sleep the body rejuvenates and repairs itself. It rebuilds its muscle tissues and regenerates body cells. Heartbeat and breathing are slower during sleep; the body’s temperature lowers, and muscles relax.

The Link Between Sleep Deprivation, Sleeping Habits and Acid Reflux

A good night’s sleep functions as a mini-fast where the body starts the process of nourishing skin cells, eliminating the buildup of toxins, and metabolizing free radicals. A good night’s sleep also lessens anxiety and reduces stress.

Inadequate sleep can slow down the natural toxic elimination process and make our muscles feel tense. Moreover, our accumulated stress would not be properly diffused. As we already know, stress can aggravate GI disorders including your existing acid reflux condition.

Nighttime Heartburn

Surveys have shown that more than 75% of heartburn sufferers experience their symptoms at nighttime. There are three reasons for this:

- During daytime, our body is erect and with the help of gravity, most of the acid that refluxed to the esophagus is cleared back to the stomach.
- During daytime we swallow saliva that is more rich in bicarbonate that helps neutralize the acid in the esophagus.
- The mechanical action of swallowing helps push the contents in the esophagus back into the stomach.

When we sleep, we don’t have gravity, saliva, or the swallowing mechanism on our side. Using pillows, like some recommend, may not be an effective solution since you elevate your neck and head, but your chest and torso stay flat. It may also increase the pres-
sure on your abdomen and worsen your reflux condition.

**My Sleep Optimization Plan**

Below is my sleep optimization plan; it takes some practice, but it WORKS!

- Elevate the head of your bed on 6-inch blocks in a comfortable position so your whole torso is raised.

- Avoid eating heavy meals right before bed. If you really feel hungry, then try to satisfy yourself with fruit. Digestion takes a lot of time, so you should stop eating at least four hours before going to bed.

- Avoid activities that can provoke anxiety before going to bed. Make sure you go to bed with a clear mind. Whenever you can, avoid taking your work home with you.

- Make sure your bedroom is as dark, comfortable, warm, and quiet as possible. Try to eliminate any noisy objects from your bedroom. Also, unplug any electrical equipment in your room before sleeping.

- Exercise regularly. It will dramatically improve your sleeping cycle. However, you should NOT exercise three hours before going to bed as it will keep you awake.

- Avoid caffeine, alcohol, and other stimulating drinks before going to bed. Alcohol stimulates the production of the hormone noradrenaline, which is a natural stimulant.
Strive to go to bed as early as you can. Make sure you sleep when you’re not totally exhausted. The proven optimal sleeping hours are from 11 p.m. to 7 a.m.


Quit or minimize your smoking. Smoking elevates blood pressure and increases heart rate, which can damage your sleeping ability.

Take a cup of chamomile tea before going to bed. Chamomile tea contains a natural sedative and is the perfect drink for dealing with anxiety, stress, and sleeping disorders (see notes on chamomile).

Take a shower, or even better, a bath just before sleeping.

Expose yourself to the sun (natural light) each day for 10 minutes (see also sunshine on the daily skin care). It has been proven that the more natural light you are exposed to during the day, the better you will sleep during the night.

Sleep naked to allow your skin to breathe.

Recommended sleeping time is 11 p.m. to 7 a.m. (approximately eight consecutive hours in full darkness).

**Notes on Chamomile**

I have found chamomile tea to be the best drink to reduce stress and anxiety and help me sleep well. For 400 years it has been used by Europeans to treat insomnia, nervous stomach, back pain, and more. The chamomile flowers contain natural sedatives, which tremendously help in relaxation.

Chamomile tea can be purchased in tea bags. I regularly drink at least two cups a day, and it has been like a magic spell. It’s a real lifesaver when it comes to controlling stressful situations and sleep problems.

However, due to its effect, it’s not recommended to drink more than four cups a day. It’s nevertheless a crucial ingredient to have in every home, especially if you suffer from stress, anxiety, and sleep deprivation, which can all manifest in heartburn.

I urge you to go and buy some chamomile tea now if you don’t already have it at home.
Chapter 5

How to Prevent Heartburn and Maintain a Reflux-Free Environment
By now, the vast majority of your acid reflux symptoms have been eliminated, your health has dramatically improved, and you feel energized, rejuvenated, and fortified.

Nevertheless, it’s now even more important to maintain the results you have achieved (having a acid reflux-free environment) by taking action and incorporating the following guidelines into your future schedule.

**Dietary Guidelines**

- Try to minimize toxic, yeasty, spicy, and high fat foods, alcohol, caffeine, and refined carbohydrates.
- Consume lots of fiber, fresh fruits, non-starchy vegetables, wheatgrass, sprouts, non-gluten whole grains, nuts, and seeds.
- Minimize acidic foods and consume plenty of alkaline-forming foods.
- Drink plenty of filtered, mineral, or reverse osmosis water.
- Drink lots of demulcent and carminative herb teas.
- Adhere to the optimized digestion principles.

**Supplementation Guidelines**

- Take your EFAs, digestive enzymes, coconut oil, and a good multivitamin on a daily basis.
- Take Primal Defense in conjunction with prebiotic foods on a daily basis.

**Cleansing Guidelines**

- Perform a 3-day juice cleansing followed by a 7-day parasite cleanse at least twice a year.
- Cleanse your liver at least once a year.

The liver performs hundreds of functions that keep the body healthy. A malfunctioning liver could contribute
to digestive problems, a weakened immune system, toxic buildup, Candida overgrowth, and acid reflux.

By cleansing the liver and removing gallstones from the liver and gallbladder through liver flushing, your digestion will dramatically improve, which is the foundation of your overall health. Allergies, rashes, headaches, acne, and even shoulder or upper back pain will disappear, and you’ll enjoy a dramatic increase in well-being and vitality.

Cleaning the liver can be done through the classic liver flush protocol. I also recommend the following product as an alternative: Nature’s Secret ® Ultimate Liver Cleanse TM with milk thistle.

**Stress Control and Sleep Optimization Guidelines**

- Practice the stress control techniques to maintain a strong immune system and to prevent the recurrence of acid reflux.
- Follow the sleep optimization plan daily.
Acid reflux along with all its related symptoms, including heartburn, are not a disease per se, but the end result of a deeper internal environment or a set of conditions that allowed acid reflux to occur in the first place. Heartburn and all GI disorders are in fact warning signals from your body of a deep inner imbalance.

Having acid reflux is a the end result of a compromised internal condition caused by poor dietary choices, sluggish digestion, drugs, steroids and antibiotic intake, stress, Candida albicans overgrowth, a weakened immune system, and auto-intoxication.

You must first acknowledge that acid reflux is a condition that goes beyond your esophagus and as such it cannot be wiped off by using antacids, pain-killers and other conventional medications or over-the-counters that work short term and may cause undesirable side effects. Listen to your
body and take responsibility for your health and well-being, and you can pave the way to a lifetime of freedom from acid reflux and GI disorders and their dangerous complications.

By adopting simple dietary changes, optimizing digestion, taking the necessary supplements, exercising, controlling stress, and optimizing your sleep, you are fixing the internal problem that’s causing your heartburn to appear in the first place instead of just masking the symptoms.

Achieving a well-balanced system takes some effort, but it’s the greatest gift you can ever give yourself. A clean, detoxified, and hormonally balanced body means a happy body—free from most diseases and afflictions. Completing this holistic system will give you freedom not only from acid reflux but also from many other conditions you might have if you don’t take those obligatory steps to allow your body to heal itself from the inside. You’ll feel younger, stronger, fortified, energized and more in control than you’ve ever felt in your life.

I hope this book has provided you with the educational information, guidance, and motivation to grab the bull by its horns and regain control of your health and your future.

I wish you all the happiness, love, and success. Here’s to a happier, healthier you!
Appendix 1

Complementary Treatments for Heartburn

Aromatherapy

In aromatherapy we use essential oils, which are the aromatic extracts of flowers, plants, woods, and herbs for medicinal purposes. Essential oils have been used for thousands of years to balance the body’s systems and to selectively stimulate and fortify each of its organs to function better. Essential oils also help the body heal itself more effectively.

Essential oils are very complex in their molecular structure. They are natural, safe to use, and antiseptic. Essential oils can have significant effect on both the body and the mind.

Several formulations of essential oils are aimed at treating heartburn. They can all be found in most health food and online stores.

The best essential oils for treating heartburn are orange oil, German chamomile oil blend, Litsea cubeba, marjoram oil, and peppermint oil.

Massage your abdomen gently twice a day using the above essential oils.

Other Ways to Use Essential Oil to Treat Heartburn:

- **Vaporization:** Add a few drops of essential oil formula to a small dish with water.
- **Inhalation:** Add a few drop of essential oil formula to a bowl with hot water, and inhale the vapors.
◆ Bath: Add a few drops of essential oil to a bath of lukewarm water, and soak for ten minutes.

◆ Massage: Apply several drops of essential oil with a carrier oil such as apricot kernel, almond, peanut, olive, pecan, evening primrose, sesame or walnut and massage your feet and joints.

Do not use mineral oil as a carrier oil.

**Important notes:**

◆ Essential oils should be used externally only.

◆ Do not use essential oils without consulting your doctor, especially if you’re pregnant or epileptic.

◆ Do not take essential oils in conjunction with homeopathy treatment without consulting your doctor.

◆ Keeping a 70% raw and alkalized diet is important during the use of aromatherapy. Drinking at least eight glasses of water per day is also important for the success of aromatherapy treatment.

**Bone and Joint Massage**

Choose a well-known and registered chiropractor or osteopath, and take a bone and joint massage using the following: peanut oil, olive oil, castor oil, and cocoa butter. This massage can help stimulate glands and organs related to fungal upsurges that contribute to heartburn.

**Lymph Drainage Massage**

Choose a qualified masseur or masseuse who is experienced in performing a lymph massage, and ask for a massage specifically for acid reflux, Candida, and digestive problems.

The lymph system, among its many other functions, is responsible for expelling toxins and fluid drainage. When you have acid reflux as a result of Candida overgrowth, toxins build up and the flow of lymph is interrupted. This massage can actually keep your lymph flowing freely, clear any obstructions
and positively affect the bacterial and yeast balance in your body.

**Digestive Massage**

Having a sluggish digestive system can contribute to myriad ill conditions. Among them are Candida overgrowth and acid reflux.

Taking digestive massage, accompanied by ayurvedic herb oils and lotions, will help stimulate the digestive system by promoting effective peristalsis (instinctive muscle contractions needed for food to move from the large to the small intestine).

Choose a qualified and trained practitioner. Your masseur or masseuse will focus on the following areas: waist, nose, chin, joints, wrists, neck, ankles, and shoulders to help encourage effective bowel movements.

**Acupuncture**

This ancient medical practice is aimed at controlling pain and fighting many illness symptoms by inserting needles through the skin in specific areas known as energy junctions.

In the basis of this practice lies the perception of an energy force inside the body that interconnects many functions and dozens of energy points. When a person is ill, the flow of energy is blocked in one or more organs surrounding a specific meridian. Acupuncture will direct energy to the site where the energy is poor to help the ill organ better defend itself against the illness and balance itself.
A qualified acupuncturist will first run several tests (tongue, pulse, mouth, ulcers, eyes) to initially diagnose your flow of energy and state of health. Then a series of treatments will be provided specifically aimed for your condition and symptoms.

**Homeopathy**

This ancient treatment for diseases and chronic conditions, including emotional and mental problems, can be either preventative or a responsive treatment and is based on the concept of treating like with like.

The main idea is to fight the ailment by introducing the body to the same disease producing toxin substance in tiny diluted amounts.

The remedies used in homeopathy are made from animals, plants, chemicals, and minerals and are taken under the tongue by droplets.

Homeopathy can improve one’s health and help fight acid reflux and Candida symptoms by empowering the immune system and enhancing the digestive system.
Appendix 2

Anti-Reflux Detoxification Diet

What Is Detoxing?

In a detox diet we simply eliminate foods that are known to be “provocative” (spicy, acidic, fatty), toxic, and acid reflux-aggravating foods and consume only cleansing foods.

The aim of a detox diet is practically the same as juice cleansing – to allow the body to discharge toxic waste accumulated in the tissues, vital organs, and cells and get rid of these stored toxins temporarily through the skin, intestines, liver, lungs, kidneys, and lymphatic system.

When we detox, we help rebuild the natural elimination process and restore the acid-alkaline balance.

Juice cleansing is actually another type of detox diet; only it’s more extreme and is limited to liquids only. While a juice fast consists of nothing but cleansing elements such as fruits and vegetables in their liquid form, a detox diet also includes solid foods.

A well-planned detox diet will enhance circulation, provide nutrients to the liver and cleanse the colon. A good detox diet will eventually reduce
symptoms of toxicity such as headaches, joint pains, fatigue, digestive problems, allergies, and heartburn.

In a detox diet we need to perform special tasks in addition to following the dietary guidelines such as taking nutritional supplements, drinking a lot of water, exercising, brushing the skin, doing breathing exercises, and taking saunas and Epsom salt baths.

The main purpose of these additional activities is to help the body as it discharges toxins through the main channels of elimination by stimulating these organs to enhance the detox process.

**Symptoms During Detox**

In a detox diet plan you may feel slightly fatigued or less energized, which is why you’re required to rest and sleep well during the plan.

As with the juice fast, you may experience disease symptoms during the detox, especially if you have been consuming a lot of food from the “reflux-aggravating foods” list in the past. The symptoms can be anything from headaches, runny nose, bad breath, bloating, weakness, tiredness, nausea, and acne.

Mind you, all these symptoms are a good sign that your body is in fact discharging toxins. These symptoms are also temporary and should significantly decrease as soon as your body becomes more balanced and cleansed.

**Daily Guidelines During Detox Diets**

- Drink a lot of filtered or mineral water, at least a glass per hour. Mix the water with several drops of lemon.

- Drink a lot of daily detox tea (available at: [http://www.amazon.com/DetoxTea](http://www.amazon.com/DetoxTea)).

- Take two tablespoons of extra virgin olive oil on an empty stomach each morning.

- Take a sauna for approximately 20 minutes every other day.

- Brush your skin each morning before taking a bath.
◆ Exercise each morning and evening.
◆ Meditate in the morning and before going to bed.

What to Eat During Your Detox Diet

The following is a list of recommended foods to incorporate in your detox diet:

◆ Sprouts
◆ Blueberries
◆ Onions
◆ Carrots
◆ Watermelons
◆ Apples
◆ Spinach
◆ Grapes
◆ Nuts and seeds, raw Brazil nuts, sesame seeds, sunflower seeds, almonds, pumpkin seeds, and avocados
◆ Non-gluten grains: quinoa, millet, buckwheat, or amaranth
◆ Vegetable soups.

What to Avoid During Your Detox Diet

In a detox diet you need to totally refrain from:

◆ All kinds of meat, dairy products, and fish
◆ All refined carbohydrates
◆ Processed foods
◆ White sugar
◆ Wheat
◆ Caffeine
◆ Chocolate
◆ Alcohol
◆ Tobacco
◆ High fat, fried, or cooked meals. Stir-fry is acceptable but in moderation.
◆ Grapefruit should be avoided since it affects the production of liver detoxification enzymes.
Suggested Two-Day Anti-Reflux Detox

This is only an outline of my recommended 2-day detox diet. I realize that at first glance the detox diet suggestion may seem a bit extreme and challenging. I’m aware of that, but bear in mind that as you gain more experience and witness an improvement in your acid reflux condition as well as your well-being, things are bound to get easier.

At the beginning you might suffer from slight dizziness, headaches, acne, and weakness. All are symptoms indicating your body is detoxifying and reacting well as it thoroughly cleanses itself.

The more you advance through the Heartburn No More™ System, the more effective your organs of elimination will become. The detox will be less intense and even fun.

Day 1

8:00 a.m. Drink a glass of still mineral water with half a lemon squeezed into it. Take two tablespoons of extra virgin olive oil.

8:30 a.m. Skin brushing followed by a warm bath.

9:00 a.m. Apple and carrot juice (good alternative: wheatgrass juice).

9:30 a.m. Glass of filtered or mineral water + daily detox tea.

10:00 a.m. Handful of raisins.

10:30 a.m. Glass of filtered or mineral water.

11:00 a.m. Handful of walnuts.

11:30 a.m. Glass of filtered or mineral water + daily detox tea.

12:00 p.m. Low-sugar vegetable soup.

12:30 p.m. Glass of filtered or mineral water.

1:00 p.m. One apple and one cucumber.

1:30 p.m. Glass of filtered or mineral water + daily detox tea.

2:00 p.m. Handful of grapes.

2:30 p.m. Glass of filtered or mineral water.

3:00 p.m. Five Brazil nuts.

3:30 p.m. Glass of filtered or mineral water + daily detox tea.

4:00 p.m. Handful of grapes.

5:00 p.m. Glass of filtered or mineral water.
6:00 p.m. Low-sugar vegetable salad.

7:00 p.m. Glass of filtered or mineral water.

8:00 p.m. Meditate. Drink a glass of filtered or mineral water + daily detox tea.

9:00 p.m. Glass of filtered or mineral water.

10:00 p.m. Glass of filtered or mineral water + half of a lemon squeezed in it.

11:00 p.m. Sleep.

Day 2

8:00 a.m. Drink a glass of still mineral water with half a lemon squeezed into it. Take two tablespoons of extra virgin olive oil.

8:30 a.m. Skin brushing followed by a warm bath.

9:00 a.m. Beet and carrot juice (good alternative: wheatgrass juice).

9:30 a.m. Glass of filtered or mineral water + daily detox tea.

10:00 a.m. Handful of grapes.

10:30 a.m. Glass of filtered or mineral water.

11:00 a.m. Five Brazil nuts.

12:00 p.m. Glass of filtered or mineral water + daily detox tea.

12:30 p.m. Low-sugar vegetable salad.

1:00 p.m. Glass of filtered or mineral water.

1:30 p.m. Handful of raisins.

2:00 p.m. Glass of filtered or mineral water + daily detox tea.

2:30 p.m. Handful of walnuts.

3:00 p.m. Glass of filtered or mineral water.

3:30 p.m. Two green peppers.

4:00 p.m. Glass of filtered or mineral water + daily detox tea.

5:00 p.m. Handful of pumpkin seeds.

6:00 p.m. Glass of filtered or mineral water.

7:00 p.m. Tomato soup.

8:00 p.m. Glass of filtered or mineral water + daily detox tea.

9:00 p.m. Meditate.

10:00 p.m. Take an Epsom salt bath followed by a glass of filtered or mineral water + half of a lemon squeezed into it.

11:00 p.m. Sleep.
Appendix 3

Detoxification Program According to the Ayurveda

Introduction

Ayurveda (yus meaning “life” or “life principle,” and the word veda, which refers to a system of “knowledge”) is an ancient Indian system of health care in daily use by millions of people in India, Nepal, and Sri Lanka.

This Ayurveda detoxification program should be followed for 7 to 30 days. The detoxification program consists of three elements:

1. Ayurveda Detoxification Diet
   - Kitchari (Split yellow mung beans, brown basmati rice, vegetables, ghee, spices)
   - Radish soup
   - Boiled hot water
   - Ginger tea
   - Boiled hot water at room temperature

2. Ayurveda Detoxification Herbs
   - Detoxification herbal formula

3. Ayurveda Detoxification Lifestyle and Meditation

The Ayurveda Detoxification Diet

Basic Guidelines

- Eat Kitchari and radish soup for breakfast, lunch, and dinner on a daily basis. No other food should be eaten.
Eat small amounts of food often throughout the day. Do not eat too slowly or too rapidly. Avoid big meals.

Drink between meals or sip one cup of ginger tea or hot boiled water with your meal.

Do not talk while chewing your food.

Eat in a calm atmosphere.

Show gratitude to the person who made your meal.

Avoid any distractions while eating.

Eat only when you’re hungry.

Try to eat organic food as much as possible.

Eat freshly cooked food as it contains maximum life force.

Eat hot foods and drink hot drinks. Avoid cold foods, cold drinks, caffeine, smoking, alcohol, and refined carbohydrates.

Drink ginger tea.

Drink boiled purified or mineral hot water.

**Kitchari**

Kitchari is a medicinal mixture of grains and spices. It is a complete meal aimed at correcting digestive disorders. While some recipes include white basmati rice, I have chosen the healthier alternative of brown basmati rice instead. The combination of brown rice, vegetables, and mung beans in kitchari represents a perfect combination of life-sustaining protein, fiber, and carbohydrates.

**Benefits of Kitchari**

- Stimulates digestive enzymes.
- Eliminates toxins deeply embedded within your tissues.
- Removes gas and bloating from your abdomen.
◆ Improves your immunity.
◆ Breaks apart toxins.
◆ Unblocks channels within your body.
◆ Removes drowsiness within your mind.

**Kitchari Recipe**

The Kitchari recipe should be cooked fresh every morning and eaten throughout the day.

**Ingredients**

- 1-cup brown basmati rice (rinsed 7 times).
- 1-cup split yellow mung dhal (rinsed 7 times). Use only split yellow mung dhal as it removes gas instead of causing gas.
- 1 green chilli (chopped).
- 1 tablespoon of ghee.
- 1 tsp of mustard seeds.
- 1 tsp of turmeric, fennel, cumin, coriander powder.
- 1 large piece of fresh ginger (finely chopped).
- Pinch of hing (asafoetida).
- 3-4 whole cloves.
- 3-4 cardamom pods.
- 3 liters of boiled hot water.
- 1-2 of finely chopped vegetables (Bok choy, pak choy, asparagus, green beans, sweet potato, pumpkin, zucchini, radishes, squash, English spinach, leafy greens).

**Preparation of kitchari**

Carefully pick over rice to remove any stones. Wash each separately in at least two changes of water. Put basmati rice and split yellow mung beans in a bowl. Rub mixture between your hands for 30 seconds. Drain the water and repeat the above action seven times until the water is clear.
Heat one level tablespoon of ghee on medium heat. Add mustard seeds and fry. Add the green chili, fresh ginger root, and the other spices and vegetables. The turmeric should be added last. Fry the mixture for one minute.

Now, add the brown basmati rice and split yellow mung beans to the mixture and stir on medium heat for one minute. Add three liters of boiled hot water, cover, and simmer for 30 minutes.

**Radish soup**

Radish soup is a very powerful toxin eliminator. It burns up toxins, enhances digestion, and clears mucus.

**Ingredients**

- Several chopped radishes.
- 1 teaspoon of green chili black pepper.
- 1 teaspoons of ghee.

**Preparation of radish soup**

2. Stir fry the black pepper powder or chili for one minute.
3. Add the chopped radishes and stir fry for one minute.
4. Bring four cups of water to a boil.
5. Add the boiled water to the mixture and turn to low heat. The radish soup should be cooked until it is soft.

**The Ayurveda Detoxification Herbs**

Take the following powerful detoxification herbal formula that contains nothing but raw, potent herbs, which will break up and remove toxins deeply embedded within your tissues, organs, and cells.

Mix the following herbs together and take one teaspoon three times a day before each of your meals followed by a quarter glass of warm water:

- Chitrika powder (5 grams)
- Trikatu powder (10 grams)
The Ayurveda Detoxification Lifestyle and Meditation

During the Ayurveda detoxification program, it is extremely important to adhere to the following principles as part of your daily routine:

◆ Avoid air conditioned atmospheres.
◆ Avoid excessive exercise
◆ Avoid excessive mental and emotional strain.
◆ Avoid sitting or sleeping on hard seats or beds.
◆ Avoid excessive talking.
◆ Avoid alcohol, drugs, and smoking cigarettes.
◆ Avoid exposure to loud noise.
◆ Avoid too much exposure to the television and the computer.
◆ Avoid overworking and late nights.
◆ Get fresh air but avoid direct cold winds at all cost.
◆ Get 10 to 20 minutes of sunlight on your whole body.
◆ Shower with warm-hot water.
◆ Go to bed early and wake at sunrise.
◆ When having bowel movements, sit on the toilet and use a small stool under your feet. Have a complete bowel action.
◆ Get full physical, mental, and sexual rest.
◆ Scrap your tongue with a tongue scraper from back to front several times a day to remove any white coating on your tongue.
◆ Floss and brush your teeth (you can use baking soda or Neem herbal toothpaste).
◆ Gargle for one minute using sesame oil and then spit out.
◆ Wash your body either before dinner or before bed. Never shower directly after eating.
◆ Meditate for 10 minutes to several hours before going to sleep. While doing so, focus on where your ill symptoms are the worst in your body. This will self-heal all your pain and suffering.
◆ Sleep on your left side with your head to the south and feet to the north.
Appendix 4
Liver and Gallbladder Flush

Introduction

The liver performs hundreds of functions that keep the body healthy. A malfunctioning liver could contribute to digestive problems, weakened immune system, toxic buildup, hormonal imbalance, Candida albicans overgrowth, and acid reflux.

By cleansing the liver and removing stones from the liver and gallbladder through liver flushing, your digestion will dramatically improve, which is the foundation of your whole health. Allergies, rashes, headaches, acne, and even shoulder or upper back pain will disappear, and you’ll enjoy a dramatic increase in well-being and vitality.

Only by conducting a liver flush, in addition to your fasting routine, will you be able to cleanse your liver and gallbladder from most stones, crystals, gravel and debris that hinder your body’s detoxification and healing.

Unlike the unnecessary gallbladder surgery, a liver flush is a simple, painless, safe, and fast procedure that is
done at home. It uses cheap ingredients and has no side effects.

Many chronic patients (higher back and shoulder pain, psoriasis) have reported a dramatic change in their well-being after the first liver flush.

A liver flush has a remarkable impact when it comes to GI disorders including GERD, as it not only cleanses the liver but also improves its functionality. A liver flush also dramatically improves blood circulation and digestion (one of the secondary factors contributing to acid reflux).

I have personally gone through this routine seven times with no side effects, and it has yielded surprising results on my reflux symptoms. My hair got glossier, and I witnessed a remarkable change in my skin condition.

A liver flush should be conducted twice a year.

**Warning**

1. Always consult your doctor before attempting the following liver flush procedure. If you fail to do so, then you are acting at your own risk.

2. Make sure you are able to tolerate Magnesium Sulfate (Epsom Salt) before you attempt to consume four tablespoons. People unable to tolerate Magnesium Sulfate may suffer a negative reaction.

3. If you are pregnant or nursing or if you know or suspect you have a compromised liver or gallbladder including gallstones and polyps, shriveled, inflamed, or diseased in any way, then do not attempt this flush.

The flush should only be performed after doing a bowel cleanse and an Antiparasitic Regimen. If these steps are not performed first, the liver cleanse can be a traumatic (and unproductive) experience since the amount of refuse produced by the cleanse can tax the kidneys if they are not clean, and parasites can block the flow of bile, leading to painful pressure.

If directions are followed exactly, then the procedure is always painless, even for those well into their 80s, according to Hulda Clark, and that is based on over 500 of her cases. Although the procedure sounds daunting and distasteful, it is quite easy.

The flush will produce a multitude of what looks like balls of lard that contain salt-like crystals. They are called “stones” but are really crystals encased in cholesterol, fat, and olive oil. Larger stones will also be encased in
Warning about Electrolytes

You want to ensure that your electrolytes are balanced before and after performing an enema or a liver flush. An electrolyte is a solution or substance that carries electric charges. They exist in the blood as acids, bases, and salts (such as sodium, calcium, potassium, chlorine, magnesium, and bicarbonate).

As such, it is imperative to replace the electrolytes during and after the liver flush. This can be done by drinking liquids such as Pedialyte or Gatorade during and after the liver flush.

Alternative to Pedialyte:


Preliminary Steps

1. It is recommended that your mouth be free of metal and bacteria

Before entering the program, you must make sure you have eliminated all dental problems. It’s also recommended that you replace any mercury fillings you may have so your mouth is free of metal. The reason for this is that a toxic mouth can put a lot of stress on the liver, especially after it has been intensively cleansed.

2. Perform a 7-day parasite cleanse

According to Dr. Hulda Clark, author of the famous book The Cure for All Diseases, an effective liver flush cannot be performed when there is a chance of living parasites inhabiting your body.

Therefore, before attempting a liver cleanse, you must kill the parasites that inhabit your body. Otherwise,
you'll not be able to get that many stones out, and you'll experience harsh illness symptoms. Simply follow the 7-day parasite eradication plan outlined in the book.

3. Three-Day Apple Juice Cleansing

Before the flush, a good practice is to soften and dissolve the gallbladder and liver stones to ensure an easy exit. A 3-day organic apple juice cleansing should do the work fine as well as cleansing your kidneys (also necessary for the flush).

The pectin found in the apples will soften the stones and help their passage through the bile ducts. The apple fast opens and empties the intestines as well, which helps the passage of stones on their way out.

The 3-day apple juice fast is basically a 3-day juicing fast only. It's limited to apple juice and should be followed by the same guidelines as a regular juice fast, including herb teas and daily enemas, which helps the organs of elimination expel toxins by breathing, pumping, etc.

The purpose of the apple juice fast goes beyond softening the liver and gallbladder stones. The daily enemas (or preferably colonic hydrotherapy) will cleanse the colon, thus preventing the toxins expelled from the liver from getting trapped in a congested colon.

Note: If you feel a 3-day apple juice fast is too hard on you, then you can conduct a 3-day mono-diet instead (eating only raw apples or raw cucumbers for three days). The best kind of apples for that purpose is Golden Delicious.
One-Day Liver and Gallbladder Flushing

Ingredients:
- 1/2 cup extra virgin olive oil
- 3 lemons
- 4 tablespoons Epsom salts
- 3 cups water

Practical Steps

The flush is ideal to conduct on a day like a Saturday when you have no work the next day, allowing you to rest.

Break the apple juice fast by having a 100% raw vegetable and fruit breakfast with absolutely no fat added.

Have the same lunch (limited to only raw fruits and vegetables, adding some salt, if desired, to build pressure in the liver), but do not eat after two in the afternoon.

2:00 p.m. Mix your Epsom salts in three cups of water, and pour the mixture into a jar. Leave it in the refrigerator.

6:00 p.m. Drink 3/4 cup from the mixture, and drink two cups of water afterwards.

8:00 p.m. Take another 3/4 cup from the mixture.

9:45 p.m. Mix half a cup of olive oil with juice from three lemons, and pour the mixture into a jar. Shake it well and store in the fridge. Finish your evening chores, visit the bathroom, and get ready for bed.

10:00 p.m. Standing up next to your bed, drink the whole olive oil mixture you have made. Sip the mixture slowly for about 5 to 15 minutes and lie down immediately flat on your back with your head up for 20 minutes. You may feel the stones traveling from your liver and gallbladder painlessly. Try to sleep on your left side with your right hand pulled up to your chest.
Note: Throughout the day it's also recommended to consume between five and nine glasses of the liver detox tea. Some people drink a liver detox tea right after they have taken the citrus and olive oil mix. I personally prefer not to mix those together, but I do drink lots of liver detox tea prior to the lemon/oil mixture throughout the day.

7:00 a.m. Upon waking (not earlier than 6 a.m.), take a third dose of the Epsom salt mixture. At that stage you should expect diarrhea. Look for greenish stones in your stool. Gallstones will float because they contain cholesterol. You may find some tan-colored floating crystals that are not round. These are crystals from the bile ducts.

9:00 a.m. Take your last dose of the Epsom salt mixture, and go back to bed.

11:00 a.m. You may eat your first fresh fruits and vegetables. It’s advisable that you start with fresh juices and not solid fruits or vegetables. No less than 2 hours later you can go back to eating regular foods again, but take it slowly.
Conclusion

At this point you have cleansed your liver, gallbladder, and bile ducts and removed a significant amount of stones and residue.

It's highly recommended that after each flush, the colon must be cleansed to ensure there aren’t any gallbladder or liver stones trapped inside it. I usually conduct one or two enema routines after each flush to make sure there aren’t any residues.

Do this procedure twice a year. Also, take two tablespoons of extra virgin olive oil each morning to maximize liver performance.