

# Natural Health News

July 2015

EVERGREEN SPA & WELLNESS  
ELY, MN

## HEARTBURN & GERD

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**STORE HOURS:**

Tuesday – Saturday  
9 am-5 pm

CLOSED SUNDAYS &  
MONDAYS

**SPA HOURS:**

By Appointment

Heartburn, a burning sensation behind the breastbone that can move up into the throat, may affect up to 44% of Americans at least once a month. Also called acid indigestion, heartburn is the most common symptom of gastro-esophageal reflux disease (GERD). Heartburn is categorized as a symptom and GERD as a disease. The lower esophageal sphincter (LES), a ring of muscles at the entrance to the stomach, normally keeps food moving south. If the LES does not close properly (is weak or inappropriately opens), it allows hydrochloric acid, other digestive juices, and sometimes bits of food to back up into the esophagus and perhaps the throat, producing burning irritation. Reflux is the backward flow. The discomfort and pressure of heartburn can last up to 2 hours. Frequent or chronic heartburn is diagnosed as GERD and can cause many problems including regurgitation, laryngitis, hoarseness, sore throat, wheezing, chronic cough, difficulty swallowing, chest or jaw pain. GERD is among the top 10 reasons people seek medical care and the incidence is increasing. Obesity, overeating, eating rapidly, stomach distention, pregnancy, smoking, poor stomach emptying, food intolerances, gluten sensitivity, celiac disease and other gastrointestinal disorders all increase risk. Stress (especially while eating), overeating or eating too hastily promotes reflux. Evidence indicates that **individual** food intolerances that vary from one person to the next are far more likely to cause difficulties. Dietary modifications must be personalized. Keeping a detailed food/symptom diary—writing down everything one eats and drinks plus any symptoms is useful for identifying trigger foods. People who regularly eat high fiber foods have less reflux. Being obese more than triples the likelihood of persistent heartburn and GERD. People are led to believe that heartburn and GERD are caused by **excess** stomach acid. However, it is very **rare** for the body to produce too much hydrochloric acid (HCl). But insufficient stomach acid, particularly in older people, is common. Low HCl can cause a variety of problems including heartburn, ulcers, constipation, diarrhea, belching, bloating, sense of excess fullness, sleepiness after meals, fatigue, nausea after heavy or fatty meals, gut flora imbalances, food intolerances, poor nutrient absorption, nutritional deficiencies (especially B12, folate, iron, calcium, magnesium and zinc), and more. To determine if there are low levels of HCl, an experiment can be carried out at home: With substantial meals, drink a glass of water containing either a TBSP. of raw apple cider vinegar or freshly-squeezed lemon or lime juice. If it helps indigestion, then there is likely inadequate HCl production. Then a trial of taking a supplement containing betaine hydrochloride and pepsin midway through the meals may be beneficial. A number of nutrients can be preventive, protective and healing.

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Listen to Sonja's  
"Natural Health  
& Wellness Hour"

EVERY  
WEDNESDAY  
from 6-7pm on  
WELY (94.5 FM)  
or  
listen on-line at  
[www.wely.com](http://www.wely.com)

People with GERD have lower glutathione levels in the lower esophagus. A poor diet, pollution, toxins, various medications, stress, trauma, radiation, aging and chronic inflammation all deplete glutathione. Whey protein is an excellent source of glutathione. Garlic, onions, cruciferous vegetables (kale, Brussels sprouts, cabbage, broccoli, etc.) are other food sources. Fish oil helps protect the stomach lining. Digestive enzymes can reduce symptoms and improve nutrient absorption. B-vitamins aid hydrogen ion production for more HCl and help normalize stomach acid levels and support other physiological functions. Deficiencies of B1, B6, and zinc reduce HCl production. Refined carbohydrates and chronic stress can deplete them. But isolated, synthetic or nonfood sources of these and all other nutrients should be avoided. Natural, whole complexes are more effective and will not create imbalances. Sodium and chloride are needed to produce HCl; food sources and unrefined salt will supply them. Homemade bone broth contains glycine, which helps increase proper acid production. Depending on the person, issues such as gallbladder problems, dysbiosis, and leaky gut may need to be addressed before digestion can return to normal. Fat-soluble vitamins such as A, E and K as well as vitamin C complex are important to the health and function of mucous membrane linings as well as minerals—they all work together for tissue integrity and participate in the normal inflammation and repair processes. Aloe vera juice can aid reflux and chronic indigestion. Aloe contains many natural constituents, at least 75 active ingredients. To offset the sour, slightly unripe flavor, add a squeeze of lemon and a spoonful of raw honey (lemon provides acid in the stomach and honey soothes the GI lining). Take at least a TBSP. of pure aloe juice before each meal. Slippery Elm helps provide an extra protective barrier in the esophagus and stomach linings. When taken right after meals, the herb mixes with digestive secretions and forms a protective gel on top of the food in the stomach. If reflux occurs, the first thing coming up is the mucilaginous gel rather than the acid. Take a rounded tsp. of powder mixed with a little water or 3 capsules after meals and before bed if heartburn occurs at night. With a hiatal hernia in particular, the head of one's bed should be raised about 6 to 8 inches to encourage stomach contents to move down the digestive tract instead of flowing back up into the esophagus. If one has heartburn at night (without a hiatal hernia), sleeping on the left side, not the right side or back, reduces the backup of food and acid into the esophagus. Don't eat within three hours of going to bed.

## JULY SPECIALS

Califa Farms—Horchata (Ricemilk), 48 oz.	25% OFF
Columbia Gorge Organic—Pure Pressed Juices, asstd.	30% OFF
Siggi's—Icelandic Yogurt, assorted, 4.4 oz.	25% OFF
Coconut Secret—Organic Coconut Oil, Alive, 16 oz.	25% OFF
Epic—Uncured Bacon Bars, variety, 1.5 oz.	25% OFF
Field Day—Wildlife Friends Cookies, assorted, 8 oz.	25% OFF
Jovial—Sourdough Einkorn Crackers, assorted, 4.5 oz.	25% OFF
Lesser Evil—Avocado/Coconut Oil Popcorn, 5 oz.	25% OFF
Mary's Gone Crackers—Kale or Ancient Spice Thins	30% OFF
California Oleaves—X-Virgin Olive Oil, 16.9 oz.	25% OFF
Organic Prairie—Grassfed Organic Beef bars, assorted	30% OFF

AND MANY MORE ITEMS!

## GRATEFUL THANKS TO ALL

On June 3rd severe lightning struck our beautiful home. Although we have lost our home and everything in it we have so many things to be grateful for as we were able to escape unharmed. A special thanks to all our friends and clients for your support, kind words, hugs, cards and all the special gestures.....your love and kindness touched us deeply. The following quote helped me so much through this process and I decided to share it with you:

**"When you give yourself permission to feel all of life through your body, even the shadow, even the darkness, even the pain, an interesting thing tends to happen. We don't collapse into our wounds like we might fear; instead we see how strong we are, how courageous we are, and we remember that maybe one day before we were born, we chose this. We knew we would come into this complicated creation, and we would stand for love over and over again. Our hearts would break a thousand times, and each time we would understand it was so they could break open. We could embrace our challenges and embrace each other by continuing to come back to love."**

~ Rochelle Schieck ~ [www.loveqoya.com](http://www.loveqoya.com)

Organic Roots  Bistro

### JULY HOURS:

**TUESDAY through THURSDAY 9 AM—5 PM**

**FRIDAY & SATURDAY 9 AM—8 PM**

**Closed Sunday & Monday**

**LUNCH SERVICE 11 AM—2 PM DINNER SERVICE 5 PM—8 PM**

*Dinner reservations are recommended!*