

# HEARTBURN TREATMENT WITHOUT RX DRUGS

1. **Review reasons for taking Rx drugs** such as PPI (Proton Pump Inhibitors, such as Prilosec, Aciphex, Nexium, Protonix, Prevacid, omeprazole, and others) or H2 blockers (Tagamet, Zantac, and others.) If this is not CURRENTLY for Barrett's esophagitis or H. Pylori treatment...
  - a. **Consider slowly weaning off the Rx drugs** with the procedures below.
    - i. Reduce dosage by ½ for two weeks, then go to every other day for 2 weeks, while using HeartBurn Essentials as below.
    - ii. Do not eat within 2 hours of reclining at night
    - iii. Raise the head of your bed (consider wedge pillow)
  - b. **Consider side effects from other medications**, such as anxiety medications and antidepressants, antibiotics, blood pressure medications, nitroglycerin, osteoporosis drugs, and pain relievers.
2. **Work with your healthcare provider to determine foods which may be contributing to indigestion**
  - a. Common Culprits: alcohol, coffee, sodas, gluten, dairy, sugar, yeast-containing foods
3. **Use digestive enzymes** containing lipase, protease, and amylase in high doses:
  - a. Digestzyme - V (Orthomolecular) - Take 2 capsules 15 minutes before meals.
4. **Add stomach soothing herbs:**
  - a. HeartBurn Essentials (Pure Encapsulations): Take 1 capsule at the start of each meal.
5. **Experiment** to see if you actually have too little acid:
  - a. Try **1 Tbs apple cider vinegar** or **Betaine HCL 500 mg with meals**
  - b. If it helps, continue. If it makes heartburn worse, stop it.
6. **Natural treatments:**
  - a. Juice a whole bunch of organic celery and drink separately at least 30' before other foods in the morning.
  - b. Drink juice of cooked cabbage 8-16 oz. per day.
7. For **Reflux Pain:**
  - a. Chew 2 tablets Deglycerized Licorice (DGL) as needed