

NATURAL WAYS TO HELP WITH HEARTBURN

Heartburn is an unpleasant burning sensation in the chest. Chronic heartburn can take the joy out of eating. It's no picnic to endure!

When stomach acid makes its way into the esophagus, heartburn occurs. This is typically triggered by issues with the lower esophageal sphincter. Heartburn can be caused by a variety of issues, including trigger foods, obesity, low stomach acid, and stress.

Antacids, such as Tums, Alka Seltzer, and Mylanta, offer fast relief but do not address the actual problem. Continued regular use of these products can have negative consequences.

The following is a three-phase process that can help address heartburn naturally.

PHASE 1: ELIMINATE TRIGGER SUBSTANCES THAT CAN IRRITATE OR WEAKEN THE LOWER ESOPHAGEAL SPHINCTER.

IRRITANTS	WEAKENERS
<ul style="list-style-type: none">• Citrus• Carbonated beverages• NSAIDS• Spicy foods	<ul style="list-style-type: none">• Alcohol• Chocolate• Cigarettes• Coffee• Food intolerances• Onions• Peppermint

PHASE 2: LIFESTYLE MODIFICATIONS



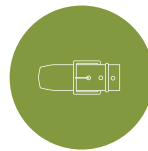
Elevate your head 6 inches while sleeping.



Eat small meals; avoid overeating.



Avoid lying down for several hours after eating.



Avoid wearing tight, restrictive clothing while eating and digesting.

PHASE 3: SUPPORT DIGESTION WITH NATURAL SUPPLEMENTS AND HERBS.

Natural support for low stomach acid:

- Betaine HCL + pepsin (should be taken only upon approval and with instructions from a licensed healthcare professional)
- Lemon juice
- Apple cider vinegar

Digestive bitters:

- Barberry bark
- Caraway
- Dandelion
- Fennel
- Ginger
- Goldenseal
- Hops
- Valerian root

Soothing herbs:

- **Aloe** – reduces inflammation
- **Chamomile** – chamomile tea can soothe inflammation in the esophagus, which can help with symptoms.
- **Licorice root** – licorice root tea can be consumed before bedtime.

Caution! Licorice root should not be consumed for more than a few weeks and should not be taken by those who are pregnant, have heart disease, high blood pressure, or various chronic illnesses. Consult with your doctor before taking licorice root.

DISCLAIMER

This protocol is provided for educational purposes only. It is not intended to cure or treat any medical conditions. This protocol is not a substitute for medical advice. Consulting with a medical professional is strongly advised before taking any new herbs or supplements.