

# ACID REFLUX TREATMENT GUIDE

## STEP 1: CHEW

Improper chewing is the #1 culprit of low stomach acid, which contributes directly to acid reflux. Cheing tells your brain that it is time to digest! Try to sit down while eating, chew slowly, put down your fork between bites, and enjoy your food!



## STEP 2: INTERMITTENT FASTING

Intermittent Fasting helps restore proper stomach acid, brings acid reflux relief even helps control body fat, promotes weight loss and helps with a slew of diseases.



## STEP 3: QUALITY DIET

Next, it is important to follow an intensive healing regimen to restore proper stomach acid levels and promote acid reflux relief. I recommend following the GAPS Diet making sure to include Manuka honey and sauerkraut juice. The GAPS diet started by Dr. Natasha Campbell is a perfect protocol to follow because it was designed to help heal digestive disease, neurological issues, reduce inflammation and heal autoimmune conditions. This diet incorporates the simplest foods for the body to digest so that the gut can heal and recover completely.



## STEP 4: APPLE CIDER VINEGAR (ACV)

Raw apple cider vinegar is also a must-have for anyone trying to boost stomach acid levels. Because vinegar is naturally acidic, it will naturally lower the pH in your stomach. Additionally, ACV helps control candida overgrowth, a known cause of low stomach acid. I recommend taking 2 tablespoons of apple cider vinegar in one glass of water 3x daily to help cure low stomach acid.



## STEP 5: HCl W/ PEPSIN

In addition to the ACV protocol, I have found that supplementing with hydrochloric acid (HCl) and pepsin works wonderfully for people with low stomach acid. Start with 1/2 tablet per meal. If you still experience heartburn, then increase the dosage to a whole pill, then 1 1/2 pills, etc., until you feel pressure after your meal, then cut back 1/2 a tablet for your next meal. You should not feel any pressure or heartburn if you get the dosage correct.



## STEP 6: DIGESTIVE ENZYMES

Finally, taking probiotics and enzymes are also recommended for people with low stomach acid. In addition to taking vitamin U, Himalayan sea salt, and Manuka honey, you can also:

- Limit water intake during meals (prevent over-hydration)
- Avoid high fiber diet
- Avoid eating while stressed
- Avoid allergens

