

I think that the number of readers and clients that have contacted me over the last few years desperate to get off antacids and acid reducers is approaching that mythical number of people served at McDonald's.

So it's no surprise. Nexium has been number 1 or 2 on the list of top-selling drugs in the US from 2005 until now, and was number 4 back in 2003 and 2004.

That's a LOT of purple pills.

Plus, sales of over the counter antacids continue to top the charts, with Prilosec leading the pack.

But if all these pills are supposedly so great, then why are SO many people desperate to get off them?

Here's why: Because not only do acid reducers make digestive problems WORSE--not better--but they also can cause an avalanche of other health problems.

Problems that can be arguably a whole lot nastier than that heartburn you started out with.

Let's take a look at...

What you must know about acid medications

First of all, it's important to understand how acid medications are designed to "work."

For people who have stomach acid issues (like acid reflux, GERD, heartburn and gastritis), the problem is commonly seen as "too much acid."

So the medications are designed to either:

1- Neutralize the acid in your stomach (traditional antacids like Tums, Rolaids, Maalox) or

2- Block the action of the hormone histamine which signals your stomach to secrete acid (H2 blockers like Tagamet, Pepcid and Zantac) or

3- Proton pump inhibitors--PPIs (including Nexium, Aciphex, Prevacid and Prilosec) which shut down your stomach's acid-secreting cells.

Whatever avenue you take, the effect is the same--you are without effectively working stomach acid.

Ahhh...isn't that great?

Nope.

It's not great and it can be downright deadly.

Here's what I mean:

The not so secret harmful effects of acid medications

1- Ruined digestion

This is the biggie...hang on to your hat.

Without stomach acid your body can't properly break down your foods, especially proteins.

This causes your stomach to *overproduce* acid because it repeatedly tries to secrete acid and get its job done, but the medication keeps stopping its actions.

So you're looking at MORE acid sloshing around to come rising up your throat -- not LESS!

When your digestion is ruined, you get trouble "down south" too -- gas, bloating, constipation and diarrhea. These are all listed as side effects on most acid medication boxes and now you know why. This is why so many people desperately want to get off these drugs.

Now, if constipation goes on long enough, this put pressure on your colon wall, allowing diverticulosis and diverticulitis to develop.

Poor digestion also leads to poor nutrient absorption, and opens you up to nutrient-deficient conditions like anemia and osteoporosis.

That's why PPIs are associated with an increased risk of hip, wrist or spine fractures.

And last but not least, if poorly digested proteins seep through your intestinal wall and into your bloodstream, your immune system can mistake them for harmful invaders and launch an attack.

At that point you've created a food sensitivity.

Holy heartburn, Batman!

2- Vitamin B12 deficiency

Since the Vitamin B12 in foods is bound to proteins that must be "cleaved off"

before the B12 can be absorbed, when your stomach acid is stopped by medications, B12 cannot be "released" from the protein like it needs to be in order for your body to absorb it.

Over time this can result in Vitamin B12 deficiency...and believe me, that's not pretty. Problems associated with B12 deficiency include:

- *Lack of energy, fatigue*
- *Memory problems, confusion, mental fog*
- *Difficulty sleeping*
- *Dizziness, lightheadedness*
- *Depression, mood swings, irritability*
- *Constipation or diarrhea*
- *Weak immune system*
- *Vision problems*
- *Lack of appetite*

All from that little purple pill...

3- Decreased ability to produce enzymes

Contrary to what some mainstream medical professionals may tell you, there is not an endless River Nile of enzymes flowing through you.

Your body has a limited capability for producing enzymes over your lifetime, and when it's done, it's DONE.

So when your stomach has to repeatedly secrete acid trying to complete digestion, and is stopped by acid medications like I mentioned above, this means you're wasting a LOT of digestive enzymes.

And making yourself an excellent candidate to run low or run OUT.

Without the adequate enzymes to do the digestion job, you're looking at acid reflux, GERD and heartburn, plus gas, bloating, constipation and diarrhea.

Hmmm...sounds like you're back at Square 1, doesn't it?

4- Toxins don't get killed

One of the vital and potentially life-saving functions of the acid in your stomach is to kill dangerous toxins or pathogens you might ingest with your food.

You might be thinking, "*What do you mean by that?*"

Ever hear of salmonella and E. coli? That's what I mean, plus many others.

Without the action of properly working stomach acid, you are basically defenseless against many dangerous microbes in your food. This is why so many people on antacids have these infections and even worse.

Alert the ER or at least have a clear path between you and the bathroom!

5- Imbalanced intestinal flora

As a consequence of poor digestion and the waste buildup that commonly results from it, your intestinal flora balance can be thrown completely out of whack.

Not only does this compromise your immune system and make you more susceptible to every cold and bug around, but it messes up your digestion even MORE because the friendly bacteria in your gut help to digest certain foods.

Problems from your nose to your toes.

Help! I'm buried by an avalanche and I can't get up!

Now, if you're on acid medications and feel like you've just been hit by an avalanche, let me reassure you.

There are ways that you can naturally make your digestion efficient and prevent your stomach from overproducing acid, thereby eliminating the root cause of your acid problem.

And there are things you can do to counteract some of the harmful effects of acid medications that you might already be suffering from.

Here are your...

Guidelines to combat acid medications

1) Make your meals easy to digest

Since ruined digestion causes or contributes to SO many problems, this is THE BEST place to start.

When you eat meals that are easy for your system to break down, your body says thank you and a whole new world opens up for you:

Imagine--easing the burping, belching or acid in your throat (or mouth!).

Imagine--less gas, bloating, flatulence or BM problems.

Imagine--possibly reducing or eliminating your need for acid medications to

begin with.

This can become a reality for you when you follow the principles in my Great Taste No Pain program.

The GTNP manuals will show you step by step [exactly what to do](#). They'll spell out which foods go well together and which combinations to avoid, as well as explain you why eating this way works so well for absolutely everyone -- and why it will for you, too.

Nice and easy.

2) Supplement with enzymes if you're a-runnin' low

If you suspect low enzymes are a concern for you, or when you eat any hard to digest foods (meats, dairy, processed foods, fast food, soft drinks) have been told you're low in stomach acid, then **Digestizol Max** is your ticket for getting the help you need.

Digestizol Max's 14 plant-derived enzymes and 5 herbal soothers can help give your body a boost to keep your digestion nice and smooth -- and help make acid reflux, GERD and heartburn a thing of the past for you.

3) Consider probiotic supplementation

People often ask me, "*How can I tell if I need probiotics?*"

The answer is this: If you have had any of these recently...

- *Colds or flu*
- *Infections (including sinus, ear, vaginal, fungal)*
- *Gas and bloating*
- *Been under stress*
- *Inadequate sleep*
- *Taken antibiotics, acid medications or other medications*
- *A love of fast food, soda or boxed food*

...then you most assuredly could benefit from probiotic supplementation, because all of the above are signs that your intestinal flora is imbalanced (meaning too many harmful bacteria and not enough good guys).

Super Shield multi-strain probiotic formula can help restore your intestinal flora to the healthy balance where it should be.

The 13 medical-grade probiotic strains in Super Shield get right to work lining your intestinal wall, crowding out and overcoming the "bad guys," strengthening

your immune system and keeping digestion a breeze.

[Get more information here.](#)

4) Look for B12 deficiency

If you have any of the symptoms I talked about earlier, chances are good that you may have a borderline or full-blown B12 deficiency and not even know it.

Recent studies have shown that as many as 3 out of 4 people are or are close to being deficient in B12, and many have seen a huge difference with B12 supplements.

And for B12 supplementation, there is no other supplement in the class of Hydroxaden 2.5. Literally.

Hydroxaden 2.5 is a convenient vitamin B12 nano-spray that gives you a daily dose of hydroxocobalamin -- the best form of vitamin B12.

Just five little sprays under your tongue each day give you 2.5 mg. of B12 to boost your energy, help sharpen your mind and enhance your immune system.

The antacid bottom line

There are SO many things you can do to combat the effects of acid medications.

Eat easy to digest meals and use whatever supplements may be right for you, and chances are excellent you'll see a whole new world of feeling great open up for you FAST.

And you just may be able to kiss those acid medications goodbye for good!

To your health,

[Sherry Brescia](#)

PS: Karen no longer takes Prilosec

Sherry:

I, like so many folks out there have suffered off and on for years with some sort of intestinal distress. It was a constant worry because I could not predict when I would have a problem. I couldn't break the code on what would trigger each episode. It was becoming debilitating.

Most recently I had developed an esophagus issue where it felt like there was something stuck in my throat. I could drink water and have the same sensation.

My family doctor referred me to a specialist.

They scheduled an endoscopy which found nothing. At this point they were leaning towards giving me another prescription in addition to Prilosec to treat my "anxiety".

That was the last straw for me. I got online and searched for natural ways to treat acid reflux and gastritis when I came upon your website. I ordered your [Great Taste No Pain program](#) right away because it resonated with me.

By the time I had my follow-up appointment with the doctor I no longer had that feeling of something being stuck in my throat! I'd also been off of my prescriptions for two weeks.

The doctor didn't even ask me what I was doing differently.

Your program has empowered me to help my body to heal itself. I am forever grateful!

Karen