

## Enzymes and Reflux by Sherry Brescia

I have a confession to make.

I'm a people watcher.

Everywhere I go, but especially where I can observe people's eating and drinking habits--such as in airports, restaurants and grocery stores, and at parties.

Not because I'm nosey, but because when you're in the nutrition and digestive health field like I am, it helps to know what most people are eating, drinking and putting in their shopping carts.

That gives me a better idea as to how people's diets are translating into the gut issues they are wrenched with when they write to me at 2:00 am because they can't sleep!

At a recent 40th birthday party for a friend which was catered by a Mexican restaurant, I overheard these comments:

*"My Nexium's going to be working overtime today!"*

*"I like this spicy food, but it doesn't like me!"*

*"I know I'm going to pay for this later."*

*"Uh-oh. My chest will be on fire tonight."*

In other words, there was LOTS of acid reflux going on in that group.

But here's the thing that most acid reflux sufferers don't realize:

[It's 100% AVOIDABLE](#), even when half the food is greasy, sloppy and spicy.

That's right.

It's not a disease, it's an immediate reaction to food -- it's CREATED. And it's just as easy to avoid it as it is to create it.

Here's what I mean:

### **Reflux is NOT a disease**

Contrary to what you may have been told by a doctor or read in an ad for acid reducing medications, acid reflux is NOT a disease.

It's simply your body telling you that you can't effectively digest what you've

eaten.

When your body can't break down what you've eaten, the digestive process is halted. That's when the familiar heartburn, acid in your throat, chest pain, nausea and belching rear their ugly heads.

But if you instead listen to your body and give it the help it needs to accomplish digestion, acid reflux is a non-issue.

And by "help," I'm NOT referring to acid reducers. They make the problem WORSE--not better--by shutting down the acid that your stomach needs to break down proteins.

I'm talking about eating foods that naturally digest easily together and supplementing with enzymes if necessary.

Let's take a quick look at why this is so effective:

### **Acid reflux in the works**

Acid reflux is created by eating foods that are inherently acid-creating in your body, and/or meals that are complex (comprised of every food group on the planet).

A food is considered "acid-creating" if its residue following digestion is acidic (with a pH less than 7). Foods that are naturally acid-creating include processed foods, fast food, animal products and refined carbs.

In addition, each type of food you eat requires a specific kind of digestive enzyme -- some foods are broken down by an acid enzyme and others by an alkaline enzyme.

So when your meals are complex and made up of several different types of foods, the mixing of the opposing acid and alkaline enzymes in your stomach can cause the enzymes to be neutralized and weakened.

This hampers your digestion and -- BOOM! -- hello acid reflux.

### **Food is the cause of reflux AND the remedy**

When you eat more alkaline foods and meals that foods that only require complimentary digestive enzymes, your digestion improves dramatically and there will be no reflux.

That means: No more acid reflux or sleeping propped up on pillows!

It's so easy...

[Learn exactly what to in the Great Taste No Pain health system.](#)

Follow it and you will see the fires of acid reflux dim as quickly as your first meal!

With either one, you'll still be able to eat foods you LOVE (including Mexican food!). You just need to be a little more discerning about what you eat together so it can be broken down efficiently.

I also spell right out which foods are inherently acid-forming and alkaline, so there's no guessing. It's the easiest to follow health guide you've ever seen.

Dummy-proof is what many call them.

And both the [GTNP](#) and GTNG recipe books are loaded with delicious creations that are sure to become some of your family's favorites.

### **Get by with a little help from your (enzyme) friends**

Poor digestion and acid reflux is often the result of the body not producing an adequate amount of digestive enzymes.

You see, after years of an acid-creating diet like I described above, chances are great you have diminished your body's ability to produce enzymes, because you've used up so many trying to digest complex meals for so long.

And when your body's done making enzymes, it's DONE.

And you're S.O.L.

Plus, eating cooked foods saps your body's enzymes because the naturally occurring enzymes in the food are reduced or destroyed the more you cook the food...so your body has to do ALL the work, using it's own enzymes to digest it with no help from the now-dead food.

Digestive enzymes can give your body a much-needed boost when you eat meats, dairy, starchy carbs, and any foods that have been cooked.

If you suffer from acid reflux and think that you must spend the rest of your life on dangerous, expensive acid reducers, you don't.

If you think that you'll never be able to enjoy tasty, spicy food without "paying the price," you're mistaken.

You can turn that around in as quickly as one meal.

You CAN eat spicy foods and NOT get reflux.

All it takes is a couple modifications to what you eat together and possibly some

enzyme help to start a whole new acid-reflux free life for you.

Start your new life now with [Great Taste No Pain](#). To your health,

Sherry Brescia

**PS: Ilene said no to Prilosec and feels great now!**

*Sherry,*

*I am an 87 year old with acid reflux. I refused to take Prilosec twice a day as my Dr. had prescribed for the rest of my life. This was after having my esophagus stretched because I was getting choked easily and had trouble swallowing.*

*So, I was just suffering silently. I was eating healthy with very little carbohydrates, and usually only one serving of meat daily. I exercise when I can but I am limited because of a spinal stenosis. We live in a retirement community, where we are served one meal per day.*

*It has been difficult to lose any weight. I was just 8 lbs over weight when I started on your plan about 3 weeks ago after hearing about it from my golfing friend.*

*Well, I have lost 6 lbs in that 3 weeks and have no more reflux! A side benefit, I can now burp without having everything come back up into my esophagus. Great feeling!*

*Other side benefits: No more trouble swallowing and getting choked. I was having severe cramps in my feet at night. That is almost completely gone. I am sleeping better, and have more energy. I can also bend over and put on my shoes more easily, and if I need to get down on my knees to get something out of a cupboard, I can get up more easily than before.*

*I have started on a core exercise program which I have not been able to do because of my back pain. I am expecting more benefits in the future as I continue your program.*

*Thanks for giving us something to base our future on which will make us feel better and live longer.*

*Ilene*

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