



NATURAL HEALING THROUGH THE LAWS OF HEALTH

Knowing that if you have the faith of a mustard seed, your faith can move mountains"

HHES Online, Inc. | 289 Jonesboro Road | Suite #124 | McDonough | Georgia 30253 | USA | +1 (678) 520-1547
Website: www.nhtlh.com Email: info@nhtlh.com

Acid Reflux, Gas, Heartburn, Hiatal Hernia, Belching, Indigestion and Digestive Aches and Pain

ATTENTION: Before making any changes please contact your health care professional.

Usually there is a balance in the stomach between the acidic gastric juices and the protective regenerative nature of the stomach lining. When this balance is thrown off, the stage is set for the development of a number of diseases which can become chronic. The normal PH in the human body is between 7.35 to 7.45 and an average of 7.4. Some of these conditions are Enlarged stomach, Bloating, Acid Reflux, Indigestion, Acidosis, Peptic Ulcers, Gastritis, Gastroesophageal reflux disease (GERD), Hiatal Hernia, insufficient stomach acid, Stomach Cancer and more.

Acid Reflux is a burning sensation in the stomach caused from indigestion or too much acid in the stomach or a back up of digestive juices in the esophagus.

If you have severe heartburn or heartburn two or more times a week, you may have a condition called GERD (gastroesophageal reflux disease) and you should see your doctor. Without treatment, chronic GERD can cause inflammation, ulcers, and scarring. GERD can also lead to changes in the cells lining the esophagus. These changes raise the risk of esophageal cancer.

SYMPTOMS

Ailments of the stomach may have symptoms which include: burning pain "heartburn" which may worsen after eating a meal, irritation, abdominal pain, difficulty in swallowing, increased belching, vomiting, nausea, headaches and sometimes bleeding, where blood is digested it results in dark and tarry stools. Bad breath is a key symptom of indigestion.

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CAUSES

Fermentation and irritation of the stomach can cause indigestion and acid reflux type conditions.

Lifestyle changes will help correct these stomach problems. It would be wise therefore to practice the right habits to avoid these disturbing effects. The following principles need to be considered when seeking to resolve these stomach conditions.

Eating too fast.

In order to secure healthy digestion, food should be eaten slowly. ...If your time to eat is limited, do not bolt your food, but eat less, and masticate slowly. ...Those who are excited, anxious, or in a hurry, would do well not to eat until they have found rest or relief; for the vital powers, already severely taxed, cannot supply the necessary digestive fluids. (CD p.107)

Food should be eaten slowly, and should be thoroughly masticated.

This is necessary, in order that the saliva may be properly mixed with the food, and the digestive fluids be called into action. (CD p.107)

Eating on the Go.

Always eating in a hurry? Shoveling food down is also a no-no, if you want to tame heartburn. Leslie Bonci, MPH, RD, CSSD, director of sports nutrition at the University of Pittsburgh Medical Center, says the three G's -- grab, gulp, and go -- don't make for good digestion and can make GERD (gastroesophageal reflux disease) symptoms more likely. Heartburn is a GERD symptom. Slow down when you eat if you're concerned about heartburn symptoms. At

mealtime cast off all care and troubled thought; do not feel hurried, but eat slowly and with cheerfulness.

Overeating. This applies even to good food.

The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia (*indigestion*). (CD p.139) Overeating also causes, digestive organs to be weakened, and diseased as well as headache, colic, excessive blood to the brain, depression and feeling of hunger.

Eating meals too close together.

For most people, 4 to 5 hours between meals are needed.

After the regular meal is eaten, the stomach should be allowed to rest for at least five hours. In no case should the meals be irregular. If dinner is eaten an hour or two before the usual time, the stomach is unprepared for the new burden; for it has not yet disposed of the food eaten at the previous meal, and has not vital force for new work. Thus the system is overtaxed.

Neither should the meals be delayed one or two hours, to suit circumstances, or in order that a certain amount of work may be accomplished. The stomach calls for food at

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the time it is accustomed to receive it. If that time is delayed, the vitality of the system decreases, and finally reaches so low an ebb that the appetite is entirely gone. If food is then taken, the stomach is unable to properly care for it. The food cannot be converted into good blood. (CD p.179)

Eating between meals. This weakens the stomach.

Not a particle of food should be introduced into the stomach till the next meal. In this interval the stomach will perform its work, and will then be in a condition to receive more food. (CD p.179) Drink only water between meals.

Eating a large evening meal or late at night.

Avoid late night snacks.

The stomach, when we lie down to rest, should have its work all done, that it may enjoy rest, as well as other portions of the body. The work of digestion should not be carried on through any period of the sleeping hours. (CD p.175)

Eating vegetables and fruits at the same meal.

Genesis 1:11 defines a fruit as: "... fruit after his kind, whose seed is in itself...". Vegetables do not have seeds within themselves, but fruits do.

It is not well to eat fruit and vegetables at the same meal. If the digestion is feeble, the use of both will often cause distress, and inability to put forth mental effort. It is better to have the fruit at one meal, and the

vegetables at another. Fruit and vegetables taken at one meal produce acidity of the stomach; then impurity of the blood results, and the mind is not clear because the digestion is imperfect. (CD p. 112)

Eating unripe or spoiled fruit.

Nicely prepared vegetables and fruits in their season will be beneficial, if they are of the best quality, not showing the slightest sign of decay, but are sound and unaffected by any disease or decay. More die by eating decayed fruit and decayed vegetables which ferment in the stomach and result in blood poisoning, than we have any idea of. (CD p. 309)

Eating fruits at the end of a meal.

Eat fruits and vegetables at the start of a meal, not the end of the meal as in deserts as some usually do. Eating raw food before the cooked food is eaten, prevents the formation of inflammation in the intestines. Watermelon should especially be avoided at the end of a meal.

Eating bread which was not well baked.

If the inside can be squeezed into a dough, do not eat it. New raised bread is difficult to digest and is more healthful if eaten two or three days old.

Use of baking soda or baking powder.

Baking soda or baking powder in bread, pastries, cakes, deserts or other items are harmful, unnecessary, causes inflammation of the stomach and often poisons the entire system. (see CD p. 342)

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Eating milk and sugar together, as in ice-cream, shakes etc.

Sugar ferments quickly, yet is enfolded in the milk which digests slowly.

Milk causes the stomach to secrete more acid.

Milk and sugar.. clog the system, irritate the digestive organs and affect the brain. ... sugar and milk combined are liable to cause fermentation in the stomach, and are thus harmful. (CD p. 113)

Sugar.

Sugar is not good for the stomach. It causes fermentation, and this clouds the brain and brings peevishness into the disposition. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. (CD p. 327) Concentrated sugars, even good sweeteners like honey and agave nectar should be used sparingly.

Eating too much liquid food.

Too much soups are unhealthful, ...so much liquid taken into the stomach was not healthful, and that all who subsisted on such a diet placed a great tax upon the kidneys, and so much watery substance debilitated (*weakened*) the stomach. (CD p. 105)

Drinking with meals.

Drinking and eating dilutes the stomach juices.

Many make a mistake in drinking cold water with their meals. Food should not be washed down. Taken with meals, water diminishes the flow of saliva; and the colder the water, the greater the injury to the stomach. Ice

water or ice lemonade, taken with meals, will arrest digestion until the system has imparted sufficient warmth to the stomach to enable it to take up its work again. Masticate slowly, and allow the saliva to mingle with the food. (CD p. 106)

Water.

Water that is too alkaline can affect the digestive system as it keeps the PH level in the stomach too high and foods that require an acidic stomach (proteins) and remain in the stomach too long thus causing fermentation and lead to nutritional deficiencies such as B₁₂ and anemia.

Hot or cold food.

While it is advisable to take something warm into the stomach on mornings, hot drinks should be used for medicinal purposes and not in the diet. The stomach is greatly injured by a large quantity of hot food and hot drink. Thus the throat and digestive organs, and through them the other organs of the body, are enfeebled. If food is cold, the vital force of the stomach is drawn upon in order to warm it before digestion can take place. Cold drinks are injurious for the same reason; while the free use of hot drinks is debilitating. (CD p. 106)

However, for those who choose to have two meals a day, a cold drink can be used to stop the desire for a third meal - "If you feel that you must eat at night, take a drink of cold water, and in the morning you will feel much better for not having eaten." (CD p. 177)

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Eating too great a variety at a meal.

Keep is Simple.

Do not have too great a variety at a meal; three or four dishes are a plenty. At the next meal you can have a change. There should not be many kinds at any one meal, but all meals should not be composed of the same kinds of food without variation. (CD p. 110)

The habit of overeating, or of eating too many kinds of food at one meal, frequently causes dyspepsia.

Serious injury is thus done to the delicate digestive organs. In vain the stomach protests, and appeals to the brain to reason from cause to effect. The excessive amount of food eaten, or the improper combination, does its injurious work. In vain do disagreeable premonitions give warning. Suffering is the consequence. Disease takes the place of health. (CD p.111)

Use of Vinegar.

Mustards, mayonnaise, vegennaise, nayonnaise, vinegar, apple cider, ketchup, Worcestershire sauce, barbecue sauces, vinaigrette dressings. All these contain vinegar.

“Vinegar ferments in the stomach and the food does not digest but decays or putrefies; as a consequence, the blood is not nourished, but becomes filled with impurities, and liver and kidney difficulties appear”. (CD p. 345)

Eating fried foods.

Foods should be prepared in a simple manner free from grease. Avoid fried food, hydrogenated fat. “Grease cooked in the

food renders it difficult of digestion”. (CD p. 354)

Use of spicy mixtures.

Hot pepper, chili, black, and white peppers has been shown to cause hemorrhaging of the stomach.

Spices irritate the tender coating of the stomach and finally destroy the natural sensitiveness of this delicate membrane. Irritating spices are ginger, cloves, cinnamon, nutmeg, caraway, all spice, vinegar, and anything made with vinegar. The picture of a drunkard’s stomach is similar to that of one whose stomach is irritated by fiery spices.

Use of Nuts.

Nuts are a great source of iron, magnesium, phosphorous, potassium, protein and fats, however, not all people can tolerate nuts. If recipes were combined with nuts, they would find that it harmonizes with them. Peanuts need to be combined with grains to make them nourishing and digestible. In any event, do not use too large a portion of nuts.

Food triggers.

Some foods are known to contribute to heartburn by bringing additional acid into the stomach or by relaxing the lower esophageal sphincter. Stay away from food that may give you problems. Your symptoms may improve if you avoid tomatoes, onions, garlic, chocolate, peppermint, fatty foods, leeks, cabbage,

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radishes and citrus fruits, including oranges and grapefruit.

Drink triggers.

Beverages that cause heartburn include animal milk, coffee, tea, sodas and alcohol.

Chewing gum.

This causes too much air to get into the stomach thus causing bloating and indigestion. It also keeps stomach acids flowing and thus weakens the stomach.

Avoid tight belts and tight-fitting clothes.

This prevents free action of the organs and superficial breathing results. Therefore the insufficient supply of oxygen is received and the waste and poisonous matter which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Those who do not wear belts and girdles have less indigestion.

Maintain a healthy weight.

Extra pounds put pressure on your abdomen, pushing up your stomach and causing acid to back up into your esophagus. If your weight is healthy, work to preserve it. If you are overweight or obese, work to slowly lose weight — no more than 1 or 2 pounds a week.

Heartburn during Pregnancy.

More than half of all pregnant women report symptoms of severe indigestion and heartburn, especially during their second and third trimesters. Changing hormone levels and increased abdominal pressures during

pregnancy increase the risk of acid reflux and heartburn.

Mild symptoms should be treated with lifestyle changes, including eating at set times, avoiding fried and spicy foods, and not lying down after eating.

Don't smoke.

Smoking decreases the lower esophageal sphincter's ability to function properly. This causes acid to go up the esophagus and cause heartburn.

Avoid vigorous exercise immediately after a meal.

Neither study nor violent exercise should be engaged in immediately after a full meal... this hinders the digestive process; for the vitality of the system, which is needed to carry on the work of digestion, is called away to other parts. (CD p. 103)

However, to aid in digestion, take ... a short walk after a meal, with the head erect and the shoulders back, exercising moderately, is a great benefit. (CD p. 104)

Drugs.

Anti-inflammatory drugs such as ibuprofen and aspirin can cause stomach bleeding and prevent the healing of the gastric lining. Aspirin, steroids, anti-inflammatory drugs and smoking all increase Hydrochloric acid production.

Bacteria.

Helicobacter pylori is a bacteria. It is a major player in the formation of peptic ulcers. H. pylori resides in the stomach and

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produces enzymes that break down the components in the gastric mucus, thus weakening its protective effects. This can cause a hole in the stomach if it is not treated.

Allergies and Asthma.

This is directly related to bloating, gas, indigestion etc. (please see our Allergies counseling sheet for further details).

Raise the Head of Your Bed.

If you experience nighttime heartburn, try placing blocks under the legs of your bed to raise the head about 6 inches, or sleep with your upper body on a wedge pillow. This strategy uses gravity to keep stomach acids where they belong. (Avoid raising your head with piles of pillows. This bends your body in a way that can aggravate heartburn.) Reflux also occurs less frequently when lying on your left side rather than your right.

LIFESTYLE

Do not talk while eating or chew with your mouth closed. This causes too much air to enter into the stomach, which would cause indigestion and bloating.

DIET

In addition to the above pre-cautions, do practice these healthful Dietary counsels.

- Cut out all **flesh foods** (including fish, chicken, meat, pork, and all crustaceans “shrimp, lobster, crab, conch, etc.) all flesh foods, sugars, white flour excite secretion of Hydrochloric acid and remain long in the stomach. Beans and nuts when eaten with grain give the same amount of protein as from animal sources like meat, fish, eggs etc.
- Avoid **eggs, cheese, milk**, etc. If one so desires to use milk, non-harmful milks can be made from a variety of nuts, grains, and legumes (i.e. almonds, cashews, rice, soy etc.) ***Recipes can be found in the following cookbooks: It's all Good, Ten Talent, Give them something better, Seven Secrets, The Optimal Diet, Of These Yea May Freely Eat and Foods with their Healing Powers vol. 3.***
- **Fried foods** as well as **highly processed foods** should be eliminated from the diet, and all free oils should be avoided while cooking.
- Avoid high **Salt** intake, this increases stomach irritation and ulcers.

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- Eat **fresh fruit** preferably to drinking fruit juice. Eating the fresh fruit provides individuals with the essential fiber needed for regular bowel movement; juice is robbed of that essential fiber.
- All white breads, flour, sugar, and so forth should be eliminated from the diet. The body needs the fiber from the whole grain items. **Increase fiber** by eating lots of vegetables and fruits.
- All meals should be eaten on a **regular schedule**, 7 days a week; with no more than a 30 minutes time difference in the schedule. Meals should be eaten at least 5-6 hours apart.
- At least 8 glasses (64oz) of **water** should be drunk each day. 16-32 oz of warm water should be taken before breakfast. Water should be taken 15 - 30 minutes before the meal or 2 hours after the meal. Please drink water until the urine is pale.
- **Vitamin D** - take 5000iu daily, until your levels are back in line. Correct Levels of vitamin D are 40 ng/mL to 100 ng/mL (once the levels get above 150 ng/mL with supplement it can become toxic to the body however if the levels get above 150 ng/mL with **Natural Sunlight** then you are fine.) For the colder climate, as a regular maintenance from **June – September** use the Natural Sunlight, **May** and **October** take **1000iu** daily, **April** and **November** take **2000iu** daily, **March** and **December** take **3000iu** daily, **January** and **February** take **5000iu** daily. Do Not exceed the recommended vitamin D level. **Remember that the liquid vitamin D with fat is best and easily absorbed (vitamin D is a fat soluble vitamin, so it requires fat in order for it to be absorbed).**

[If you live in a warmer climate please use the natural sunlight \(45-90 minutes daily between the hours of 10:00am – 2:00pm daily\).](#) (MS/diabetes/high blood pressure/all bone problems/colon and breast cancer).

PS: If you are deficient in vitamin D, then you will need to take the prescription dosage or the equivalent of 50,000ius per week for 8 weeks of supplemental vitamin D (liquid is better and taken with plant based fats is best for maximum absorption because vitamin D is a fat soluble vitamin).

Here is another option: If there is a chronic Vitamin D deficiency, I would recommend as much as 10,000iu daily for either 3-4 months, then you can resort back to the 5000iu daily.

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HERBAL REMEDIES

NHTLH HERB STORE by calling (678) 432-0384, The Herb Store.

- Use the inside of **Aloes** – 1oz of the flesh to 1oz **water**. Blend and drink 30 mins before a meal. **This will coat the stomach and also heal and calm the stomach down.**
- **The oil as eaten in the olive is healing to an inflamed, irritated stomach.** Take one to two teaspoons of olive oil at the end of a meal.
- **Gastritis, Heartburn:** use ginger, chamomile, slippery elm, marshmallow, flaxseed, dill, fennel, angelica, peppermint, lemon balm, basil, oregano.
- **Indigestion:** carrot juice, beet juice, kelp, papaya, (green papaya contains papain enzyme which helps with digestion)
- **Heartburn, Acidosis:** Papaya, pine apple, aloe vera, ginger, peppermint, basil, oregano, lemon, licorice root (*Warning: Don't take licorice root if you have High Blood Pressure Please read special notes at the bottom*).
- **Flatulence, Gas, Bloating:** balm, spearmint, ginger, anise, caraway, fennel seed, dill, horsebalm, sage, thyme. Use: 1 tsp. to each cup of hot water.
- **Belching:** 1 tsp cardamom to 8oz water, boil for 10 minutes and drink it hot.
- **Insufficient stomach acid:** indicators are burping, belching, and bloating. From the age of 35, the stomach produces less stomach acid but it is essential of have sufficient stomach acid to absorb protein, carbohydrates and calcium or produce B₁₂. Take lemon juice 15 mins before a meal. To increase stomach gastric juice secretion, use gentian, angelica, St. Benedict thistle or pineapple. (Natural Remedies Encyclopedia p. 351)
- **Excess stomach acid:** indicators are burning sensation in the stomach, heartburn, reflux disease. Use a few nuts at the beginning of a meal to work on stomach juices. Avoid citrus, vinegar, cranberries or plums.
- **Fruit and vegetables:** Do not use more than two to three botanical families of fruits or vegetables at the same meal. Simplicity is key to food mixtures. **It is best when treating stomach conditions to use a mono diet in relation to their botanical family (Meaning one family of either fruits or vegetables however, never at the same meal. The legumes and grains family is not a problem). Example of botanical families: Fruit families such as:**
 - Mango, spondias, grandaria
 - Sour sop, custard apple, sugar apple, pawpaw, cherimoya
 - Pineapple
 - Papaya
 - Kiwi
 - Watermelon, honey dew, cantaloupe

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- Cranberry, blueberry, bilberry
- Banana, plantain, finger rose, bugament (Froggy Banana)
- Plum, peach, apple, pear, apricot, blackberry, raspberry
- Orange, grapefruit, lemon, lime, tangerine

Side Effects and Cautions of Licorice Root

- While licorice promotes the healing of the stomach, it should not be used for more than 7 days at a time.
- In large amounts, licorice containing glycyrrhizin can cause high blood pressure, salt and water retention, and low potassium levels, which could lead to heart problems.
- People with heart disease or high blood pressure should be cautious about using licorice.
- The safety of using licorice as a supplement for more than 4 to 6 weeks has not been thoroughly studied.
- Taking licorice together with diuretics (water pills), corticosteroids, or other medicines that reduce the body's potassium levels could cause dangerously low potassium levels.
- When taken in large amounts, licorice can affect the body's levels of a hormone called cortisol and related steroid drugs, such as prednisone.
- Pregnant women should avoid using licorice as a supplement or consuming large amounts of licorice as food, as some research suggests it could increase the risk of preterm labor.

**PLEASE COMBINE THIS SHEET WITH THE FACT SHEET
TO GET THE BEST RESULT.**

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