

Acid Reflux



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Prevalence and Economic impact of Digestive Disorders

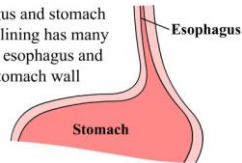
Health of the Mucousal Lining of the Esophagus

- 60-70 million people have some sort of digestive disorder
- 56 million people have heartburn and/or GERD
- 3.1 million have recurrent constipation
- Next to the common cold, gastrointestinal disorders cause the highest percentage of absenteeism in the workplace
- Digestive disorders account for \$123 million a year in medical and associated costs compared to \$58 million for neurological disorders and \$88 million for circulatory problems.
- OTC gastrointestinal remedies are a \$4 billion business. In 2007 there were 5 switches from RX to OTC in the gut health segment

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Stomach Physiology

There is a lining in the esophagus and stomach called a mucousa lining. This lining has many functions. To help lubricate the esophagus and to protect the esophageal and stomach wall



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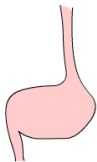
Understanding GERD Gastro-Esophageal Reflux Disease Heart Burn

These sphincter muscles are similar to rubber bands.



The Sphincter Muscle Should Pinch Off the Top of the Stomach

To prevent escape of stomach fluids. IF the lining is too thin the sphincter muscle can't pinch the opening completely closed.



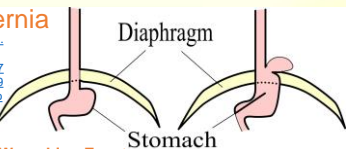
This is a drawing of the stomach. At the top and bottom of the stomach is a spincture muscle to pinch shut the stomach.

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Hiatus Hernia

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Emotion: Gut Wrenching Event



- Occasionally part of the stomach chyme into the esophagus. **Heart burn!**
- Often misdiagnosed as ulcer or heart disease. Symptoms: pain, difficulty stomach breathing, and acid reflux.
- Tight pants or girdle can put pressure on the abdomen and push the stomach up beyond the diaphragm
- It is possible to gently pull down the stomach without surgery
- After correcting the placement of stomach I suggest nourishing the diaphragm ventures "up top". Permits backflow of so it can heal, keeping the stomach from poking through into the chest cavity

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Things which Weakens the Health of the Esophageal Mucosal Lining

- Don'ts:
 - Coffee, tea, soda, milk products, high amounts of heavy proteins
 - Hot foods or drinks
 - Stress
 - Poor digestion
 - Antacids / medication/ blood thinners
 - Don't drink with meals
 - Bulimia
 - Radiation
- Do's:
 - Diet Alkalinizing foods: veggies and fruits
 - Beans/Lentils (Molybdenum)
 - Slippery Elm
 - Bone broth

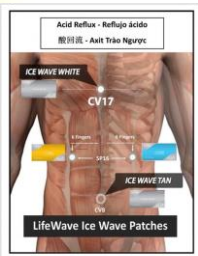
Typical Suggestion: 1 tablespoon of Slippery Elm in 4 oz of water, mixed well. Taken between meals 1 to 4 times a day.



Take away from oils, fats and bone broth

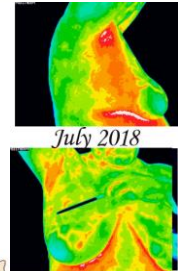
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Radiation (ex. Breast cancer)



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