

Patient Name:

Date:

Gastroesophageal Reflux Disease (GERD)

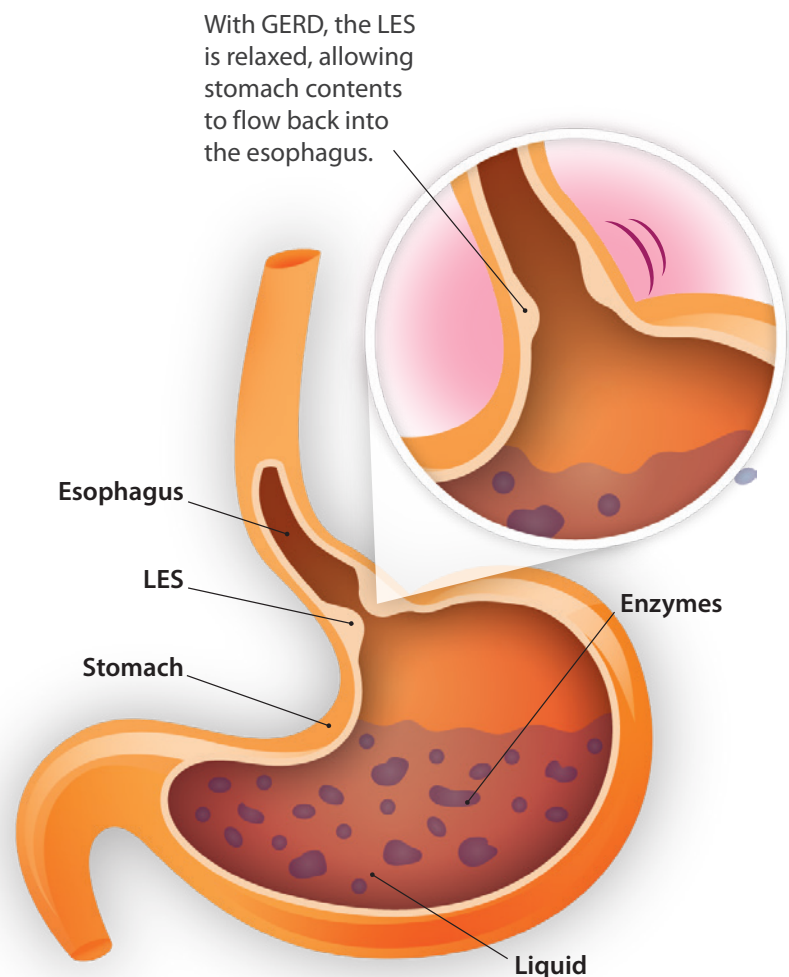
GERD is a common illness that affects 25-35% of the US population. It occurs when stomach contents, which normally move down through the digestive system, flow back into the esophagus (the tube that carries food between the throat and stomach). In normal digestion, the lower esophageal sphincter (LES) opens to allow swallowed food to enter and closes when the food enters the stomach, which prevents the contents and stomach juices from reentering the esophagus. Chronic heartburn is the most common symptom of GERD. Less common symptoms include:

- Difficulty swallowing
- Coughing
- Hoarseness
- Bad breath
- Indigestion

If left untreated, GERD may lead to ulcers, bloody stools, and significant damage and inflammation to the esophagus. When the digestion pillar is chronically failing, as it does with untreated GERD, it can lead to food allergies, autoimmune conditions, and dysfunction in many other systems in the body. This, in turn, can negatively impact the other pillars.

Millions of Americans are prescribed proton pump inhibitors (PPIs) and H2 blockers to reduce the production of acid in the stomach as a short-term treatment option. When used long-term, the possible side effects include osteoporosis, vitamin and mineral deficiencies, and increased frequency of upper respiratory tract infections.¹ Diet and lifestyle modifications, combined with supplementation, can help decrease frequency or improve GERD without the significant side effects of drug therapies.

¹ Landers SJ. Long-term use of acid reflux drugs weighed. Am Med News. September 1, 2008:27.



Lifestyle Modifications



Avoid large meals close to bedtime and lying down immediately after meals



Increase fiber intake



Eat smaller portions



Elevate upper body at least six inches when lying down



Maintain a healthy weight



Avoid processed fats, sugar, caffeine, excessive alcohol and acidic beverages

Nutrient Solutions

Probiotics + <i>Saccharomyces boulardii</i>	L-Glutamine	Deglycyrrhized Licorice, Marshmallow Root, Slippery Elm Bark, or Aloe Vera Leaf Gel Extract	Buffered Vitamin C	Multivitamin
Help maintain a healthy and balanced digestive tract Prevent "bad bacteria" from overgrowing Decrease inflammation	Enhances the repair and regeneration of the mucosal lining	Provide a protective barrier over mucus membranes, which soothes irritated tissues and relieves inflammation	Helps relieve symptoms and decrease frequency of heartburn Neutralizes stomach acid	Provides vitamins and minerals needed for optimal digestive health and enhanced absorption of nutrients
20 billion CFU* Probiotics + 3 billion CFU* <i>S. boulardii</i> 2x/day *Colony Forming Units	4 g/day	Deglycyrrhized Licorice: 150 mg/day Marshmallow Root: 150 mg/day Slippery Elm Bark: 150 mg/day Aloe Vera Leaf Gel Extract: 100 mg/day	700 mg - 2x/day	Take as directed

Special Considerations for You:
