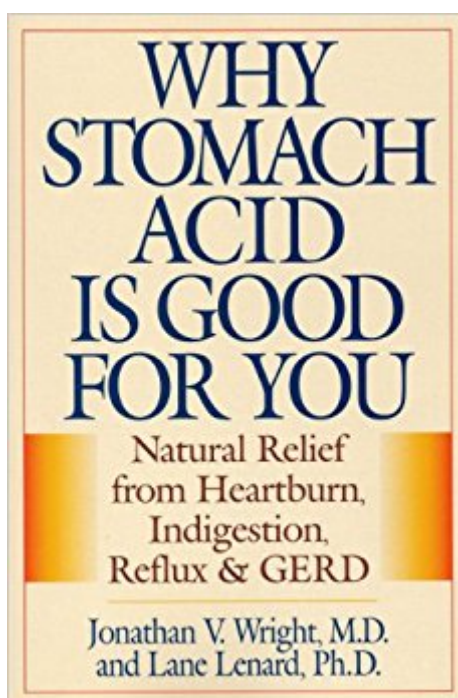


The book was found

Why Stomach Acid Is Good For You: Natural Relief From Heartburn, Indigestion, Reflux And GERD



Synopsis

This groundbreaking book unleashes a brilliant new plan for permanently curing heartburn by relieving the root cause of the problem: low stomach acid.

Book Information

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Customer Reviews

" Jonathan V. Wright, MD, "a graduate of Harvard University and the University of Michigan, has taught natural medical treatments to physicians throughout the world. He is also the author of "Dr. Wright's Book of Nutritional Therapy".

This was a wake up call. I hadn't had recurrent problems with heartburn or acid reflux for over a year (only once in about 18 months) but after an endoscopy my doctor put me on a proton pump inhibitor to cut down on stomach acid. Well, it did that rather effectively, and along with it I had major lung congestion, heavy mucous in the mouth and throat, and bouts of swallowing difficulty. I found this book and discovered that we need that stomach acid, so I decided to see what would happen if I stopped the meds. Everything cleared up within 24 hours! You might not have the same result, but read this book before (or after) you go on acid reducers or PPIs to cut down on acid. It may be the opposite of what you need! Make an informed decision. Doctors are advertised to, sold to, and pushed by drug companies to use drugs to solve everything. By the way, yes, at one point I had some acid reflux problems. But I fixed that by losing weight, changing to a low-carbohydrate diet, and eating supper 3 hours before bed. Now I'm healthier in many ways.

Stomach Acid Rocks! This wonderful book got me started on a journey that corrected some nasty problems, some of which have nagged me for years! I have had asthma since youth but it has worsened in the past two years. Two years ago I developed periodic bouts of hoarseness, phlegm buildup in my throat shortly after eating, a constant post nasal drip and a feeling of some sort of gas creeping up into my trachea about 30 minutes after eating. A trip to an ENT doctor resulted in a diagnosis of a form of reflux called LPR or silent reflux. This form doesn't burn your esophagus but wrecks havoc in your sensitive upper respiratory area. The Doc gave me...yes you guessed it Prilosec, an acid reducer. Upon doing my own research on LPR I ran across the works of Chris Kressor and Norman Robillard ("Fast Tract Digestion, HESARTBURN, A Revolutionary Diet System to Treat and Prevent Acid Reflux Without Drugs" that attributed reflux to Small Intestine Bacterial Overgrowth (SIBO), which can be the result of low stomach acid. I did the stomach acid self test and determined I was deficient. I started taking HCL with Pepsin about three months ago and can report no more hoarseness, no more asthma and no more upper respiratory discomfort. Surprisingly, another chronic ailment I have suffered with for decades has also apparently gone away and that is pelvic floor pain. Recent research has identified a connection between pelvic floor pain and SIBO.

I found the content of this book quite helpful and easy to understand, but I had some frustrations with the format and organization, particularly in the Kindle version. As someone with several autoimmune diseases, I was particularly interested in the chapter that discusses the connection between hypochlorhydria, leaky gut, and autoimmune disease. I've just recently started taking supplemental HCl and pepsin under the guidance of one of the physicians at the Tahoma Clinic (of which Dr. Wright is the founder and medical director), and I am already seeing some improvement in my digestive symptoms. I will be very interested to see whether this also improves the symptoms of any of my other health problems. My frustrations are primarily due to problems that should have been corrected by an editor or proofreader. Some of these problems were likely due to the use of OCR software. For example, "tly" consistently appears as "dy," and "Tums" appears as "Turns." In other places, there were minor grammar problems or missing punctuation that may have been in the original text. The intended meaning is not difficult to decipher, but I find these kinds of errors annoying. As for the organization, I was a little frustrated having to wait until Chapter 7 to read about the suggested changes to relieve heartburn and correct low stomach acid, but I wouldn't mind so much if there was an entry in the Table of Contents linking to the lovely summarizing table. Again, a minor complaint, but something I would have wanted to change if I had edited this book. Despite these minor frustrations, I think this book was generally clear and easy to understand, and many

people would benefit from reading it.

Anyone with heartburn, ulcers, rosacea or childhood asthma should read this book. Anyone taking antacids should read this book. Heartburn is a symptom of low stomach acid. Almost half of people over 40 have LOW stomach acid yet when they complain to their doctor about heartburn, they are treated for HIGH stomach acid instead. There is a safe and effective test for low stomach acid yet MD's fail to perform it! Why? Anyone with low stomach acid is already failing to get the nutrients from their food and giving them acid blockers or antacid only makes their malabsorption worse leading to malnutrition and life threatening illness like cancer.

A great book on a topic that doesn't get discussed often but is so critical to health. If you're not producing enough stomach acid, you could be deficient in critical nutrients due to decreased absorption and susceptible to auto-immune conditions related to bacterial infections in the stomach. Great coverage of simple remedies including apple cider vinegar, digestive bitters and hydrochloric acid/pepsin supplements.

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