

# THE MYTH OF ACID INDIGESTION

FUN FACT: AT LEAST 90% OF THOSE SUFFERING FROM “ACID INDIGESTION” AND/OR “ACID REFLUX” ARE IN REALITY SUFFERING FROM TOO LITTLE STOMACH ACID.

“How can this be?” you ask. “It feels like too much acid, and the TV commercials tell me it’s too much acid.”

**Here’s how it works:** When you eat a meal, the stomach is designed to produce strong acid to begin the digestive process, especially of proteins. When there is too little stomach acid, the food sits too long in the stomach undigested, and begins to ferment and rot.

- It is the acids of the fermenting and the rotting food that cause the feeling of acid indigestion (and can eventually cause ulcers).
- Sufficient stomach acid is also the signal to the small intestine to open up, receive the stomach contents, and begin the next phase of digestion. When this signal is too weak, the stomach contents may try to escape in the other direction, causing the symptoms of acid reflux.
- What happens when antacids are taken for this condition? It makes the symptoms stop and the problem worse. It would be like putting a piece of duct tape over the oil light in your car when it comes on, thinking you’ve solved the problem.
- Antacids stop the digestive process, and the partially-digested, rotting food is forced through the rest of the digestive tract. Not a pretty picture. (This is also true of the acid stoppers like Zantac, Pepsid AC, and especially Prilosec and Prevacid.)
- Minerals in particular cannot be digested without a strong acid medium in the stomach. Antacids and acid stoppers create an alkaline condition in the stomach. It therefore becomes impossible to digest calcium and most other minerals. (So much for Tums!)
- As this condition continues, the digestive tract becomes weaker and weaker, as well as increasingly toxic. You are also not digesting and absorbing the nutrients from food.
- Loss of the ability to produce sufficient stomach acid, and all the consequences of this, is the first step in developing all kinds of degenerative diseases. However, the connection that this is an underlying cause of disease is seldom made.
- The real solution is simple. There are natural and very effective supplements to assist digestion and help your body to repair its own digestive ability. Ask your doctor about the appropriate Standard Process supplements.

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# THE UNIQUE PROBLEMS CAUSED BY ACID-STOPPING MEDICATIONS

## DISCUSSION

Acid-stopping medications such as Prilosec, Prevacid and Nexium (and more versions are coming) work by interfering with the “proton pump” and stopping the production of hydrochloric acid by the gastric parietal cells in the stomach. What is often not mentioned is that these drugs also stop the parietal cells from producing Intrinsic Factor, which is necessary for the absorption of Vitamin B12.

These drugs induce a state of hypochlorhydria in the stomach, which negatively affects the function of the other digestive organs. A pH of about 2 in the stomach is necessary to trigger the pancreas to begin production and release of its enzymes, and the liver and gall bladder to engage bile flow.

Initially this class of drugs was only permitted to be taken for a six-week period, and they were used for ulcers and GERD. Now they are used for months and even years at a time, and are routinely prescribed for any and all GI symptoms.

## THIS IS PHYSIOLOGICAL INSANITY.

It is officially reported that there are few side effects of these drugs, and that the side effects tend to be mild. But what is actually being perpetrated is a form of physiological and biochemical insanity.

**The main reason that this is insanity is that over 90% of people with “acid indigestion” are not making too much stomach acid, but too little stomach acid.**

## YOUR BODY’S PHYSIOLOGY

- Stress stimulates the Sympathetic Nervous System into action. The effect of the Sympathetics on digestion is to shut it down, not turn it up, as we have been wrongly told.
- It is the rotting food in the stomach that produces organic acids of putrefaction and fermentation, and these cause the acid of acid indigestion.
- Naturally an antacid or acid stopping drug makes the symptoms temporarily better, but at the cost of making the problem increasingly worse over time.
- These drugs virtually stop digestion, and therefore most absorption, from occurring.

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## WHAT ARE THE RESULTS?

### 1. **Malnutrition**

Especially proteins and most minerals cannot be digested without a strong acid medium beginning in the stomach. The consequence is that these patients will begin to feed off their own protein reserves (muscle and organs) and mineral reserves (bone density). Pancreas and bile function are also inhibited, causing malabsorption of all nutrients and all fats.

### 2. **Toxicity**

When food is not digested properly beginning in the stomach, it will putrefy and ferment-literally, rot-as it proceeds through the warm, moist environment of the GI tract. The resulting systemic toxicity must be dealt with continually, which will sooner or later overwhelm the organs of detoxification.

### 3. **Hypochlorhydria**

A state of permanent hypochlorhydria is induced, and the consequence of this is both dire and extreme, yet it is completely ignored by conventional medicine.

### 4. **Aseptic function is lost: Parasites**

The low pH of gastric juice is designed to sterilize the content of food. Without the low pH of the stomach, a person is susceptible to any type of food-or water-borne parasite.

Parasite infections have become far more common than is currently recognized, primarily due to back of proper testing procedures. A single random stool test (as performed in hospitals) is very unlikely to detect most parasite infections. Specialty testing must be done, such as the Diagnos Techs GI 2.

### 5. **Degeneration of the gastric mucosa**

Another result of prolonged use of acid-stoppers is degeneration of the gastric mucosa.

When correcting digestive problems with natural remedies after the use of antacids, the problem is usually resolved in a few weeks.

Correction consists of boosting digestion, not inhibiting it. When correcting digestive problems with natural remedies after the use of acid-stopping medication, the problem usually takes many months to correct. It appears that considerable degenerations of the gastric mucosa take place. This makes sense, since the constant presence of rotting food on the mucosa has to cause problems. The first part of the natural protocol must therefore address the healing of the gastric mucosa before any boosting of gastric secretion can take place.

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