

The Myth of Acid Indigestion

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:

- You eat
- Body says “Send in the acid to digest” especially for proteins
- You don’t send enough acid (will explain later)
- The food sits too long in the stomach undigested and begins to ferment and rot.

Mmmmm, nice thought isn’t it?

It’s the acids of the fermenting and rotting of your food that cause the feeling of acid indigestion. That is why it takes 30-45 minutes - maybe longer - AFTER you eat to feel it.

Sufficient stomach acid= signal to small intestine (the part of your body right after the stomach that the food goes into) to OPEN UP. If you don’t have enough acid, the body tries to get rid of it in the opposite direction (i.e. acid reflux). In worse cases people will actually vomit to remove the contents, and that is why some people can feel sick after eating.

Why acid-stopping meds are bad for this:

Antacids stop the digestive process (quick science lesson: you need acid to digest foods, antacids are basic therefore neutralizes the acid), then the partially digested, rotting food is forced through the rest of the tract. Again, pretty picture...

MORE FUN:

- You need an acidic environment to digest calcium and other minerals.
- As the condition worsens, the digestive tract gets weaker and weaker and more toxic (remember rotting food in here)
- You are not absorbing the nutrients in the food.

REMEMBER: You are not what you eat. You are what you ABSORB. Can’t digest well? Good luck on being healthy.

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There are many natural solutions in our office to help with this including Zypan and Multizyme to start. Also taking about a teaspoon of apple cider vinegar about 20 minutes before each meal will get you on your way.

Contact our office for more details.