

Self Education

- Reflux / GERD
- Castor Oil
- Fasting
- Oil Pulling
- Nasal breathing
- Nicotine

Reflux / GERD

Summary

What is reflux / gerd?

Most people think it's too much acid coming up from the stomach but it's actually too little acid or the pH isn't acidic enough. The lower esophageal sphincter only closes when you have enough acid and the pH is acidic enough.

Causes of reflux

h.pylori which causes your stomach to become more alkaline, bad diet causes low stomach acid

Remedies

- Betain Hydrochloride (Betain HCL) to reacidify the stomach during meals, start with 1 and increase by 1 with each meal until a max of 8 capsules of 5200mg.
- Apple cider vinegar 15-30 mins before meals to stimulate the stomach acids

Dr Berg - Remedies for acid reflux without medication

Video summary

- Reflux is due to too little acid in your stomach or a pH that is too alkaline
- Stomach acid should be between 1-3 pH
- Main symptoms are GERD, acid reflux, heart burn & bloating
- SIBO (Small intestinal bacterial overgrowth) and h.pylori can occur when the stomach acid is not strong enough
- Remedies include: Betain Hydrochloride (take 1 with food and increase by 1 each day until you feel warmth in your stomach and go down by 1, max of 5200mg), intermittent fasting

- Causes of low stomach acid / pH: Hypothyroidism, bad diet (causes h.pylori), ant acids / acid lowering drugs, salt, potassium, zinc or iodine deficiency
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Dr Berg - Bloating, indigestion, constipation & acid reflux

Video summary:

- Stomach pH needs to be between 1-3 to: kill pathogens and break down food
 - If stomach acid pH is not acid enough, the gall bladder wont release bile and pancreas wont release enzymes and LPR wont close
 - Bloating is caused by lack of bile
 - Solutions include: Apple cider vinegar, Betain HCL before a meal & bile salts
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Dr Berg - Silent acid reflux

Video summary

- Acid comes through the valve at the top of the stomach leading to throat clearing, coughing, sore vocal chords, pain in the sternum
 - Lower esophageal sphincter is controlled by: pH of the stomach, autonomic nervous system, gastric acid issues
 - Remedies: Betain HCL, apple cider vinegar, salt, potassium, vitamin D
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Dr Berg - Interview with reflux sufferer

Video summary:

- Took some chlorophyll and felt a bit better
 - When you don't have enough stomach acid the valve doesn't close
 - Things you **shouldn't** use: PPI's, calcium, antacids
 - As you get older, your stomach naturally produces less acid
 - Heartburn is caused by low stomach acid, acid reflux is a deficiency of acid
 - remedies include Betain HCL (fix stomach ulcers first)
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Dr Berg - Gastroesophageal Reflux disease (GERD)

Video summary

- Caused when you don't have enough acid or is not acidic enough
 - Remedies include betain hcl and apple cider vinegar
 - h.pylori becomes more active when your stomach is not acidic enough
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Dr Berg - How to stop acid reflux

Video summary

- Acid reflux is caused when the lower esophageal sphincter (LES) does not close
- The LES only closes when you have enough stomach acid or not pH enough
- 30% of the population has a deficiency of stomach acid
- Causes of low stomach acid: stress, h.pylori over growth, low zinc, low salt, low potassium, too much calcium
- Remedies: Betain HCL just before a meal and increase by 1 each meal until you feel warmth, chewing more

Castor Oil

Summary

What is castor oil?

Oil that comes from the seed of the castor plant, it has been used by the Egyptians, Romans, Chinese over thousands of years

What is it used for

Anti-inflammatory to rub on joints if sore, used in hair or eyelashes to help it become thicker and longer. Also to help heal scars, stretch marks and other general skin issues.

Dr Berg - Interesting benefits of castor oil

Summary:

- Comes from the seeds of the castor-oil plant
 - It's an unsaturated fatty acid
 - Anti-inflammatory and anti-fungal to rub on joints
 - Used to rub into eye lashes and hair to make it soft and thick
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Dematologist on the top benefits of castor oil

Summary

- Taken internally is safe but is a natural laxative
- Keep the skin hydrated when used on the face, skin or lips
- Help eyelashes, head hair by reducing the breakage
- Keep in a cool dry place

Dr Berg - Therapeutic benefits of castor oil

Summary

- Been used by the Egyptians, Romans, Chinese over thousands of years
 - Good moisturiser on cracked feet, stretch marks, dry scalps
 - When used on the skin it increases the blood circulation in the local area
 - Can also be used for joint pain
 - Oil is Anti bacterial and antifungal
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The miracles of castor oil

Summary

- Has been found in ancient Egyptian tombs dating back to 4000 BC
 - Can help with pain and a lot of skin conditions by rubbing the oil onto the skin
 - Great for hair, eyelashes and eyes (when put on eyelids)
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Dr Berg - Castor oil for your face

Summary

- Many civilizations used it
- Can give your skin a soft, smooth tone and good for scars
- The oil penetrates deep into the skin
- Castor oil is high in Vitamin E which protects the skin
- The oil is anti bacterial and antifungal
- Ricin is removed in production

Fasting

Summary

- 24 hour fast will reduce blood sugar, start to go into ketosis, cravings go down, energy goes up, better mental focus
 - 2 day fast leads to more autophagy, cleaning up of old and damaged cells
 - 3 day fast leads to a near full regeneration of the immune system
 - Stick to water, salt water and electrolytes
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Dr Berg - 6 stages of fasting

Summary

- 8-14 hours - blood sugar start to stabilise, use sugar in blood
 - 14-24 hours - start to get into ketosis, cravings go down, energy goes up, better mental function
 - 24-36 hours (1-1.5 days) - Full ketosis + fat burning, appetite is down
 - 36-48 hours (1.5-2 days) - Lots of autophagy (cleaning up old cells, destroying cancer cells)
 - 48-60 hours (2-2.5 days) - More autophagy, less inflammation
 - 60-72 hours (2.5-3 days) - More stem cells, near complete regeneration of immune system
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Dr Berg - 6 stages of fasting

Summary

- Boost white blood cell count
 - Enhancement of T cell - suppresses inflammation
 - Decreases PKA - Slow stem cell generation
 - Increases autophagy - Destroys old white blood cells
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Liquids to drink and avoid while fasting

Summary

- Liquids to avoid: bone broth (high in protein, collagen powder, coconut water (high in sugar), sodas, energy drinks, alcohol, soy milk, almond milk and dairy
 - Liquid to drink: Water, electrolytes, apple cider vinegar, lemon water, green tea, celtic salt water
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Benefits of prolonged fasting

Summary

- Regenerates certain brain cells
- Increase in mitochondria from energy from fat
- Enhanced stem cell production
- Decreased tumor growth (cancer can't survive on ketones)
- Increase in antioxidants

Oil Pulling

Summary

To start: put a teaspoon of coconut oil in the mouth to swish around your mouth for 15-20 mins each day

Benefits include: whiten teeth, kill bad bacteria, reduce plaque formation

Coconut oil pulling experience

- Swish around coconut oil in your mouth for 15-20 mins then spit into bin
 - Benefits include: healthier gums, reduced inflammation, whiter teeth, less plaque & bacteria and fresher breath
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Coconut oil pulling - everything you need to know

- Main reasons why oil pulling can work: Swishing of the oil makes a soap like process which cleans your mouth, the viscosity of the oil sticks to things and pulls them out and coconut oil has antibacterial properties
 - Should be done on a daily basis, best time is first thing in the morning
 - Can help reduce plaque formation
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Barbara O'Neill - coconut oil

- Swish coconut oil around your mouth

- pulls waste out of your tongue, gums
- Eating sugar feeds the bad bacteria stuck between your teeth and increases plaque

Nasal breathing

Summary

Mouth breathing: Dries out upper airways, leading to inflammation, narrowing of airways

Nasal breathing: Slows down your breath, activates diaphragmatic breathing, lowers heart rate, 10-20% better uptake of oxygen

Nitric oxide: Only produced in the nasal passages anti-bacterial, anti-fungal, increases oxygen uptake in the blood.

Nose breathing benefits

- Nose slows down your breathing and helps pick up more nitric oxide
 - **Nose breathing:** activated diaphragm breathing, slows down breathing, lowering stress, 10-20% better uptake of oxygen, filters the air, reduces heart rate
 - **Mouth breathing:** activates the chest, more speech problems, bad breath
 - **Nitric Oxide:** Sterilizes the air as it comes in
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The Benefits of Nasal Breathing

- The nose is the only organ that conditions, moistens and regulates breathing volume, which protects the upper exercise
- Still better to breathe with your nose during rest, exercise and sleep
- **Mouth breathing:** dries out upper airways leading to inflammation, narrowing of airways, contributes to bad breath and poor dental health
- **Nitric oxide:** Antiviral, antibacterial and helps redistribute the blood throughout the lungs, increasing oxygen uptake in the blood
- **Nasal breathing:** Recovery post exercise is better, less expired oxygen, meaning your body utilizes oxygen more efficiently

Nicotine

Summary

asdf

Dr Brian Ardis interview

Summary

- 10 mins into the video - all "long covid" symptoms improve within minutes to days by using a 7mg nicotine patch for 1 week, after a 6 month follow up, there was a 100% fix of their symptoms
 - 21 minutes into the video - every cell of the human body has nicotine receptors, when you use a nicotine patch, it stops other certain proteins from binding to it (alpha 7 nicotine receptors)
 - Cure for alshiermiers, myocarditis
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Protective role of nutraceuticals against myocarditis (study)

Study Source