

# 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), intermitent fasting
  - Casues of low stomach acid / pH: Hypothyroidism, bad diet (causes h.pylori), ant acids / acid lowering drugs, salt, potassium, zinc or iodine deficienty
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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 esopogeal sphincter is controlled by: pH of the stomach, autonomic nervous system, gastic 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

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