



Acid Indigestion and Restoring Healthy Digestive Function and Health

by Charlie Skeen

Millions of people suffer from what is called acid indigestion, a condition where excess stomach acid is being produced. Besides causing extreme discomfort it can also contribute to ulcers. In an effort to control this problem people will use over-the-counter medications and other advertised products such as Tums and Rolaids which contain calcium carbonate and maybe some magnesium which is supposed to neutralize the stomach acid. While providing some relief they do not address the underlying problem, or cause, of acid indigestion.

To assist individuals to overcome this problem I have provided some information below of the symptoms and causes of acid indigestion with some suggestions that many people have used with excellent results.

What Are the Symptoms of Acid Indigestion:

Bloating, heaviness after eating, dull stomach pain or heartburn after a meal, and flatulence.

What Are the Causes of Acid Indigestion:

Eating too fast, eating too much, eating irregularly, eating wrong types of food, not chewing adequately, poor food combining, excess fluids with meals, eating when upset or feeling anxious, and excessive use of raw foods. (1)

The main key to eliminating acid indigestion and restoring healthy digestive function is to eat a healthy balanced diet. This will also permit the herbs being used on this program to be more effective in allowing for faster results in terms of relief and healing.

To assist in constructing a proper balanced diet please note the three categories below and the percentages recommended for consumption in the daily diet.

Primary Foods:

Whole grains - 20 to 30%.

No processed grains such as white rice and all flour products including whole grain flour. Whole grains have more nutritional value, higher in vitamins and minerals, which are vital for maintaining good health and efficient digestive function, and fiber. Processed grains and flour products are much lower in nutritional value and fiber and will sap vital energy, contribute to blood-sugar fluctuations, weight gain, and constipation. (2)

Protein - 20 to 30%.

Protein from animal sources should consist mostly of fish, lean cuts of baked or broiled chicken or turkey, and eggs preferably from chickens that are allowed to roam free and are free of chemical feed and antibiotics. Avoid frying. (2) Non-animal sources of protein are tofu, tempeh, beans, and lentils.

Please Note:

Beans and lentils are higher in carbohydrates and should be eaten in smaller amounts while the

vegetable sources of protein, like tofu and tempeh, are lower in carbohydrates but need to be eaten in larger amounts to equal the amount of protein in animal sources. (2)

NOTE: Many people have difficulty digesting soy products. If you experience gas, bloating, excess mucus production and other forms of distress when consuming soy products discontinue their use. Always be aware of your body's reaction to the foods you eat. Often times foods which are regarded as healthy may and do cause problems for people as everyone is unique. By being more alert as to how your body reacts to food you will be able to over time eat a diet that is the most beneficial for you in terms of the most efficient digestion and elimination. The closer you can achieve this process the greater the benefits in terms of health and the quality of your life.

NOTE: Adequate amounts of protein, especially from first class sources such as meat and eggs are essential to meet the needs of the body such as repairing damaged tissues and cells from normal breakdown, and to stimulate and maintain the body's metabolism. Excessive carbohydrate intake, in particular processed starches and sugars, can contribute to nondiabetic hyperinsulinism contributing to abnormal weight gain, while reduced carbohydrate consumption and adequate protein intake will prevent the excessive release of insulin which contributes to fat storage, and stimulates the release of glucagon from the liver which tells the body to burn stored fat. (3)

Vegetables:

Fresh seasonal vegetables (majority lightly cooked) - 30 to 40%.

Try to obtain as many as possible grown in your local area. Do not over consume vegetables or eat too many in their raw state, as this will overstimulate elimination causing the body to be weak and cold contributing oftentimes to excessive water retention. (4)

Fruits - 5 to 10%. Try to consume fruits grown in your local area and in season as they are the most beneficial to the body. Avoid all fruits that have been picked green and later ripened after delivery to the market. Fruits that are tree ripened will contain higher amounts of the essential vitamins and minerals. Fruit juices should be used very sparingly or not at all as it is mostly fruit sugar and used unwisely can overload the system with sugar producing metabolic disturbances that create abnormal cravings leading to disease. Whole fruits when eaten to excess not only overly stimulate the eliminative process and cause digestive disturbances, such as gas and bloating, but also overstimulates the pancreas to secrete insulin making one feel lethargic. (5)

Fats - 2%. Avoid all processed oils and fats such as margarine, and use unrefined olive oil, sesame oil, and ghee.

Flax seed oil, 1 tablespoon per 100 pounds of body weight, is also recommended daily to insure that the body receives its daily supply of essential fatty acids required to keep the body healthy.

NOTE: These healthy fats and oils along with adequate protein intake reduces the craving for excessive carbohydrate consumption and assists in the loss of excess body fat and helps to maintain a healthy body weight, satisfies the appetite, and gives food better taste. Also, a certain amount of healthy fat from the sources listed each day is required for the absorption of vitamins A, D, E, and K. (6)

Use of Kitchen Spices:

To add flavor to your food, improve the assimilation of nutrients, and aid digestion kitchen spices should be utilized. Some popular kitchen herbs are basil, marjoram, rosemary, ginger, and cayenne pepper. (7)

Natural Support for Digestive System

Herbs for Digestion

Take a pinch each of the following powdered herbs, anise, ginger, cardamon, and cinnamon. Also, take a smaller pinch of black pepper and steep it and the other herbs in a cup of boiled hot water.

Drink one cup of this after each meal. (8)

Aloe Vera juice

Many people with acid indigestion have gotten excellent relief from drinking 2 to 4 ounces of aloe vera juice 3 times a day between meals. I know of many people who were able to get off of prescription antacids with the use of aloe vera juice.

Alfalfa

Alfalfa has many healthy benefits to the body. Besides an excellent source of fiber for maintaining healthy bowel function and elimination, it is helpful in combating acid indigestion because of its alkalining power. (9, 10) It comes in tablets, capsules, and powder. People find that the best results are obtained when alfalfa is taken three times a day with a meal or between meals.

Vegetarian Enzymes

To assist in the digestion of their food and to reduce stress to the digestive system people take vegetarian enzymes three times a day with meals. See [Source Naturals Essential Enzymes](#)

Friendly Bacteria

Both the small and large intestine contain friendly bacteria that keep the bowels and digestive process functioning in a healthy manner. When the level of these friendly bacteria are reduced poor digestion and elimination occur. [See Dr. Ohhira's Probiotics 12 Plus.](#)

Consumption of Liquids:

Water

To maintain a healthy digestive system it is critical that an adequate amount of clean healthy water free of chlorine and fluoride is used each day. (NOTE: It is best to drink most of your water a few minutes before you eat. Too much fluid with your food will impair the digestive process.)

Coffee and Sodas

Do not include coffee and sodas as providing sufficient fluid intake. In fact, coffee and sodas dehydrate the body and are extremely acidic contributing to acid indigestion and poor bowel function. They also leach minerals from the body such as magnesium which is required for over 300 enzymatic and cellular functions. This includes the activation of enzymes that are necessary to digest your food. Besides impaired digestion a magnesium shortage can result in higher blood pressure, faulty heart function, cardiovascular disease such as heart attacks, and low energy levels. Recent evaluations also reveal a severe shortage of magnesium in many people.

To be free of acid indigestion, and other gastrointestinal problems, the proper care and maintenance of the digestive system is necessary. Taking Tums or Roloids will not solve the problem and a tolerating of the condition can lead to even more severe health problems. Just as putting water or sugar in your car's gas tank, or not ever changing the oil can severely damage and even destroy your car, so too putting the wrong types of food and drink into the digestive system can lead to many digestive disturbances.

References:

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