



Doug Chadwick

## Eliminating Chronic Acid Reflux & Indigestion

If you think your problem is too much acid, keep this in mind: the older you get, the more likely you are to use antacids when, in reality, stomach acid production decreases dramatically with age!

Most of your indigestion symptoms occur when stomach acid refluxes (squirts) back up into the food pipe (the esophagus). Your food pipe is not made to resist stomach acid and even a little bit will cause it to burn. Because of this, many of you take medications that turn off all the stomach acid. When there is no stomach acid, the burning stops, and you get tricked into thinking the problem was too much stomach acid.

Stomach acid is both necessary and normal. In fact, your body has gone to great lengths to be able to produce stomach acid without digesting the stomach itself! Don't make the mistake of turning off your stomach acid to solve the problem. Instead, give your body what it needs to heal.

**What happens when you turn off stomach acid?** Using antacid medications for an extended period causes two problems. First, with no stomach acid, your body is not able to optimally digest food and you become nutritionally deficient. This makes it even harder for your stomach to make the mucous lining it needs to protect itself and can set you up for more reflux. Second, in your body's attempt to make stomach acid (when you take antacid meds), it makes huge amounts of a hormone called Gastrin that stimulates stomach acid. Because of this, as soon as you stop your antacids, the stomach makes massive amounts of acid – which it cannot protect against. In essence, you become addicted to the antacids. It is no surprise that Prilosec, Nexium, Zantac, and other antacids are some of the biggest money making pharmaceuticals!

**So what can you do?** The following protocol will help you to regain control of your digestive symptoms so that you can manage your health naturally, without the harmful effects of long-term blockage of stomach acid production. It takes seven days for the effects of acid-blocking medications to diminish in the body. For this reason, it is best to lower the dosage of the medication before discontinuing use. Always check with your doctor before reducing or discontinuing medication.

**First seven days:** Take your acid-blocking medication at half the normal dose. In addition, take the following:

- One scoop of **IntestiMax** first thing in the morning in 6-8 ounces of water on an empty stomach.

- Two **Natural Creations Enterobiotic SBO** at night before bed.
- **DigestMax Ultra** with meals—one or two capsules. You may start with one and move up to two.

**Days eight through fourteen:** Reduce your medication further to one-third the dose or half a dose every other day.

Continue on the above supplement recommendation with the exception below.

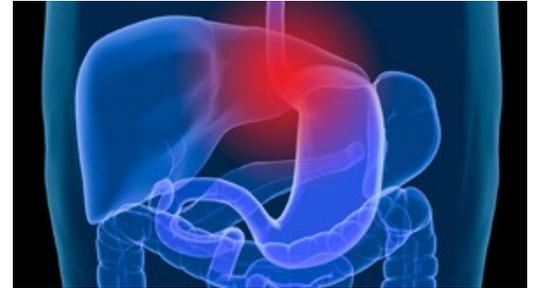
- Substitute **ZymeMax** for the DigestMax Ultra with any full meals or meals that contain meat or heavy proteins. For example, if you have a fruit in the morning or a light breakfast, take DigestMax Ultra. If you have eggs, sausage, or bacon, then take ZymeMax. If you have a salad for lunch, take DigestMax Ultra. If you have a chicken sandwich or hamburger, take ZymeMax. The HCl in ZymeMax helps with protein digestion.

**Days fifteen and on:** Discontinue medication.

- You may continue with the IntestiMax for maintenance—this will help support the integrity of your stomach and intestinal lining. You could use a full or half scoop daily.
- Continue taking the Natural Creations Enterobiotic SBO at night.
- Continue taking either DigestMax Ultra or ZymeMax with meals.

Some other suggestions that will help: take the enzymes with your meal and drink sips of warm liquids while eating (cold temperatures inhibit digestive enzyme function). Do not drink large amounts of liquids with your meal or immediately afterward since it will dilute the enzymes and the gastric acid you need for digestion. Avoid coffee, aspirin products, colas, and alcohol until your stomach heals and then use them in limited amounts.

If you have any questions about this protocol, please feel free to ask.





# A Closer Look: Vitamin D



There are 30,000 genes in your body and vitamin D has been shown to influence over 2,000 of them. That is one of the primary reasons it influences so many diseases, from cancer and autism to heart disease and rheumatoid arthritis. It is also the primary reason vitamin D is on our Top Five Supplements for Almost Everyone list. A study by Dr. William Grant, Ph.D., internationally recognized research scientist and vitamin D expert, found that about 30% of cancer deaths—which amounts to two million worldwide and 200,000 in the U.S.—could be prevented each year with higher levels of vitamin D.

Beyond cancer, researchers have pointed out that increasing levels of vitamin D3 could prevent diseases that claim nearly one million lives throughout the world each year! Vitamin D even fights colds and the flu, as it regulates the expression of genes that influence your immune system to attack and destroy bacteria and viruses. In fact, it is very rare for someone with optimized vitamin D levels to get the flu.



In the United States, the late winter average vitamin D level is only about 15-18 ng/ml, which is a very serious deficiency. Meanwhile, it's thought that over 95% of U.S. senior citizens may be deficient, along with 85% of the American public. Further, 60% of people with type 2 diabetes have vitamin D deficiency.

The ideal way to get vitamin D is by exposing your skin to appropriate sunlight. In the summer, when you sunbathe for 30 minutes, your body produces about 20,000iu of vitamin D—it would take 200 glasses of milk to reach that amount! Unfortunately, even when the sun is shining, many of you spend the majority of your time inside at work or in your home. Sun exposure (without sunscreen) of about ten to 15 minutes a day, with at least 40% of your skin exposed, is a general guide of how much you need, although people with dark skin need significantly more.

For these reasons we advise taking a high-quality vitamin D supplement. The most important thing to keep in mind if you opt for oral supplementation is that you only want to supplement with natural vitamin D3 (cholecalciferol), which is human vitamin D. Do NOT use the synthetic and highly inferior vitamin D2. We offer Myers Drug Vitamin D3 5000iu. This inexpensive supplement is just \$17.99 for 100 softgels. In the winter with no or very limited exposure to sunshine, take 5,000iu per day. If you are very heavy, you may need to double that dose and for children the dose can be half that. If you are getting more exposure to the sun in the warmer months, you can cut the amount back to 2500iu per day.

## THE BEST MEDICINE

A doctor and a construction worker loved the same girl. Each day, the doctor gave her a rose and the construction worker gave her an apple.

Confused, the girl asked the construction worker, "There is meaning in giving a rose in love, why are you giving me an apple?" The construction worker answered, "Because an apple a day keeps the doctor away!"



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*“The greatest medicine of all is to teach people how not to need it.”*

**- Unknown**

## Proverbs to Live By

### Honesty is the Best Policy

*Proverbs 12:22 – The Lord detests lying lips, but he delights in men who are truthful.*

*Proverbs 11:1 - The Lord abhors dishonest scales, but accurate weights are his delight.*

Honesty pleases both God and people. Treat others the way you want to be treated. Cheating and lying eventually bring trouble and sorrow. Be honest in all your dealings.



Lori Todd

# Bio-Identical vs Synthetic Hormones

**What is the difference between bio-identical and synthetic hormones?** Bio-identical hormones have an identical molecular structure to your own hormones. They are made to fit perfectly into the hormone receptor sites found in your cells. Your body responds to them in exactly the same way that you respond to your own hormones. Synthetic hormones are chemically unique and not found in nature, this allows them to be patented and sold by drug companies.

**Is one better than the other?** Bio-identical hormones are assumed to be safer, given that their effects are more physiologic. They are designed to be consistent with your normal biochemistry and therefore have less chance of side effects when used at low replacement doses. The aim is to balance. Synthetic hormones, on the other hand, work by suppressing your own hormones and taking over your physiologic processes.

**Why is there so much confusion around this issue?** Bio-identical hormones cannot be patented, since they occur in nature. Drug companies make profits by patenting chemicals that do not exist in nature, which allows the drug company to own a proprietary product that they can then sell without competition. Drug companies have no financial incentive to produce or market bio-identical hormones. Many educational events and medical studies are influenced by drug manufacturers. So compounding pharmacies are attempting to educate physicians about the differences between synthetic and bio-identical hormones one doctor at a time.

**The Women's Health Initiative study famously found a link between hormone replacement therapy and breast cancer. It scared a lot of women away from using hormones. Did that study use bio-identical or synthetic**

**hormones?** That study used a synthetic hormone called Prempro, a popular form of HRT, which consists of a combination of synthetic estrogen called Premarin and synthetic progesterone (progestin) called Provera. Premarin is a combination of horse estrogens derived from pregnant mares' urine (hence the name: Pre-mar-in). Provera is a progestin, a drug that does not exist in nature. The study reported that the risk of breast cancer increased with each year that a woman remained on HRT, so that after five years, a woman who was taking HRT had a 26% higher risk of breast cancer than one who was not using hormones. It is thought that the progestin component was the major factor in this increased risk, because progestins turn off the ovaries' production of naturally occurring progesterone, reducing levels of this protective hormone.

**Have there been any similar long-term studies done with bio-identical hormones?** Although bio-identical hormones are thought to be safer than synthetic hormones, there are no long-term studies as yet to verify this. One of the reasons being that long-term studies are expensive to conduct (i.e. the WHI study cost the American public over \$628 million, which was partially funded by Wyeth-Ayerst, the manufacturers of Premarin and Prempro).

**So despite the risks, do you still recommend hormone therapy?** Restoring hormones to their optimal level using bio-identical hormones is, in my opinion, a safe and effective way to achieve and maintain optimal health and well-being, when administered correctly. There is still a risk, but with the use of conservative doses and regular screening, the benefits far outweigh the risks. People should not need to suffer from hormone-related problems such as mood, energy and sleep problems.

I would love to answer any other questions you may have.

# FREE HORMONE SEMINAR

## Monday, March 21<sup>st</sup> at 6:30pm

Join Lori Todd, RNC, BSN, here at Myers Drug as she discusses the different treatment methods for hormone imbalance, the pros and cons of each, and how to go about finding the right solution for you.

**Seating is limited, reserve your spot:**

**(325) 655-3146 ext 255 or [sharon@myersdrug.com](mailto:sharon@myersdrug.com).**

# You CAN have your life back!



# Avoid Side Effects of Birth Control/Hormone Replacement Meds

Are you taking any of these medications: oral contraceptives/birth control pills, Premarin, PremPro, Estratab, Estrace, Estradiol, estrogen derivatives and selective estrogen receptor modulators (biest, etc.), Nuvaring, or Climara patch?

These medications are known to deplete your body of magnesium, B6, zinc, folic acid, B2, B12, and vitamin C. Because of these nutrient depletions, you may be experiencing side effects including **decreased energy/fatigue, depression, appetite loss, anemia, nausea, decreased sleep, muscle aches, anxiety, decreased libido, cardiovascular disease, and/or easy bruising.**

If you are currently taking any of these medications and are experiencing any of these side effects, you can replenish the needed nutrients with **Hormonal/BC Rx Support** from SolutionsRx. This formula includes the needed vitamins and nutrients along with digestive enzymes for maximum absorption at just \$29.99 per month.

Be sure to pick it up the next time you get your medications.



# FEATURED COMPOUND

## Bio-Identical Estrogen



Estrogen

Estrogen is a female hormone that is produced in the ovaries and has over 400 crucial functions in your body. There are receptor sites all over your body (brain, muscles, bone, bladder, gut, vagina, breasts, heart, lungs, eyes, and blood vessels to name a few). It has many functions in the body:

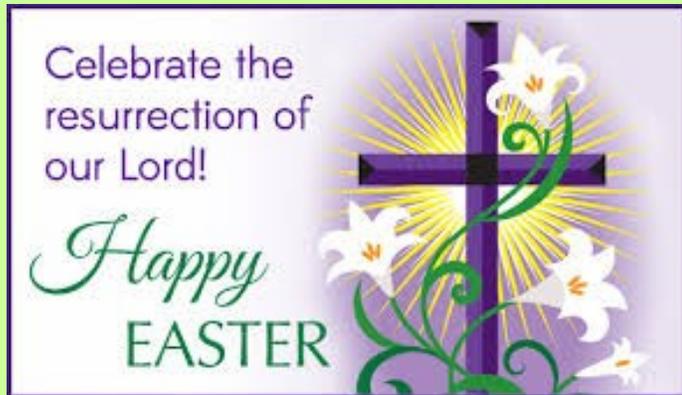
- Growth of endometrial tissue
- Growth of follicle into an egg
- Growth of breast
- Supports vaginal tissue
- Develops sex characteristics
- Stores fat
- Increases thyroid binding globulin

The main causes of estrogen deficiency are menopause, perimenopause, hysterectomy and premature ovarian decline.

### Symptoms of estrogen deficiency include:

- Hot flashes/night sweats
- Dryness (vaginal and eyes)
- Foggy thinking/memory lapse
- Tearful
- Sleep disturbed
- Bone loss
- Weight gain
- Urinary tract infections

If you have any questions, or would like more information, please give us a call or stop by.



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