

# 1 Painful Reason You May Want to Cut Back on Coffee

Acid reflux (heartburn) is triggered when stomach acid backs up into the esophagus. It can make you feel as though someone has lit a small bonfire in your chest, and it's burning its way up to your neck.

GERD is short for gastroesophageal reflux disease, which is frequent heartburn that can lead to long-term problems. It can cause inflammation and strictures in your esophagus. It may even lead to cancer. There is a great deal you can do to heal this problem:

- **Limit or omit coffee and alcohol.** Caffeine and alcohol can weaken the lower esophageal sphincter (LES) and induce occasional or recurring acid reflux. Drink no more than one cup of coffee a day; for some people even that is too much. Drink no more than three alcoholic drinks per week. These beverages can weaken the LES and induce occasional or recurring acid reflux.
- **Mix 1 to 2 teaspoons of Bragg's raw apple cider vinegar in water; drink 15 minutes before a meal.** Many people mistakenly believe all acid reflux and indigestion is caused by an overproduction of acid. They take antacids, which can make them worse. The latest research shows it's actually the opposite for many people: There is too little acid produced to adequately digest the food eaten. Take one to two capsules of HCL Betaine with food (never on an empty stomach). This will especially help with protein digestion. HCL should never be taken by anyone who is also using any kind of anti-inflammatory medication such as corticosteroids (e.g. predisone), aspirin, Indocin, ibuprofen (e.g. Motrin, Advil, etc.) or other NSAIDS. These drugs can damage the gastrointestinal lining, and supplementary HCL might

aggravate this, increasing the risk of stomach bleeding or ulcer.

- **Mix baking soda** (bicarbonate of soda; don't use baking powder) to increase alkalinity at the time of reflux. One tablespoon in 6 ounces of water can give immediate relief from heartburn.
- **Increase enzymes.** This can easily be done by drinking fresh vegetable juices everyday—drink two glasses per day. Also, eat more organic raw food. Raw foods are rich in enzymes.

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