

Resolving Gastric Reflux

by
**Isadora
Tavens**

... in five easy steps

Gastric Reflux is defined as food 'repeating' or flowing back from the stomach into the esophagus.

Step One: For three to six weeks treat as a stomach ulcer. One half hour or more before meals and at bedtime take two to four tablespoons of **aloe vera gel**. Use the clear inner gel of fresh aloe vera leaves if available. Leave some by your bedside ready to take if you're someone who gets up during the night. If for any reason this doesn't agree with you please ask about alternatives. During this period **no raw food** or raw fiber supplements should be consumed. Definitely eat your veggies just not raw as they act as a 'scrub brush' on the irritated stomach lining. Increase okra, pumpkin, winter squash and carrots in the diet for their ability to soothe and heal the lining of the digestive tract. Eat plentiful quantities of cooked dark green leafy vegetables for their nutritional importance to strong health. Their ability to neutralize acidity in the body cannot be overstated.

During this rebalancing period eliminate tomatoes, orange juice and white grapefruit. You will get faster results by eliminating coffee, cigarettes and alcohol. Minimize wheat, sugar and fried or oily foods. This means lose the chips and french fries.

Drink a hot cup of herbal tea after meals whenever possible. Finish eating meals at least 3 hours before bedtime. If hungry near bedtime have something light such as a non-acid fruit or wheat-free cereal with rice milk, soy milk or yogurt thinned out with water. Please refer to the many recommendations included in my article *Sowing the Seeds of Good Digestion*.

Keep things moving along. Support the large intestine with natural remedies to resolve constipation. A good choice to rebalance elimination is Planetary Formulas Triphala.

Step Two: Rule out allergies. Common allergens are milk, wheat, peanuts, corn, and the chemicals which are present in highly processed foods. Many people find improvement switching to organic fruits and vegetables to eliminate acid forming artificial pesticides and fertilizers which are a hidden cause of digestive upset.

Step Three: Simultaneously **restore the nerves** with appropriate herbal nervines which include single herbs or combination of herbs traditionally used to calm, soothe, and strengthen the nervous system. See my article *Soothe Your Nerves* for many great suggestions. Take baths with a few drops of appropriate aromatherapy oils and epsom salt or non-iodinized sea salt. Get massages or other bodywork as often as your budget will permit. Reduce or eliminate television, commercial radio, unnecessary computer time, and having the television turned on for background noise. These take a toll on the nervous system even if we are not consciously aware of their effects. Spend time in nature. Increase nature indoors with houseplants. Seek counseling if needed to resolve stress or trauma. Participate in non-competitive exercise such as walking out of doors, jumping or dancing on a mini-trampoline and take yoga classes to calm and center.

Step Four: After completing step one, **restore the digestion** by taking two to three dropperfuls of **Cedar Bear Digestive Build** just prior to eating for 4-9 weeks (www.cedarbear.com).

Repopulate the digestive tract with probiotic "good bacteria" which line and protect the intestines. Good choices include organic yogurts which state on the label "contains live bacteria." Good brands include Horizons and Seven Stars. Many people find goats milk yogurt easier to digest. Purchase supplements of acidophilis which are kept refrigerated in health food stores. Keep them in the refrigerator at home. **Bio-K Plus** contains 50 billion live acidophilis per yogurt like container and is highly recommended (biokplus.com).

In addition, most people benefit from adding essential fatty acids to their diet. The best food sources of this healthful Omega 3 oil are walnuts, walnut oil and the summer green purslane which may be found at farmers markets or easily grown at home provided your lawn is not chemically treated. Take refrigerated **Organic Flax Oil** preferably purchased in a glass bottle or transferred to a glass bottle at home and kept refrigerated. Add one to two teaspoonfuls daily to salads, smoothies and vegetables or entrées after they have been cooked.

Step Five: Correct any nutritional deficiencies that may have arisen due to digestive problems. Rule out deficiencies of iron, silica, trace minerals and zinc. Zinc deficiencies are sometimes noted by the presence of white spots in the nail. Also use internal and topical remedies to resolve any skin conditions or mouth sores which may be present due to digestive imbalances. Papercut-like cracks or small irritations in one or both corners of the mouth indicate a B vitamin deficiency.

Good tasting, alcohol-free liquid herbs suitable for children:
Cedar Bear Naturales P.O. Box 128, Roosevelt, UT USA
Tel. (888) 854-3727 Fax (435) 722-0643
www.cedarbear.com e-mail: sales@cedarbear.com

This article is not intended to diagnose or prescribe. It may not be reproduced in any way or included in other publications unless written permission is obtained.



**Isadora Tavens, Practical Nurse ~Herbalist
Flower Essence Practitioner**

P.O. Box 2802
Negril, Jamaica
(876) 884-5494

US Voice Mail (773) 509-8586
isadora55@yahoo.com
www.isadorflowers.com



Isadora is available for telephone consultations and to travel for consultations and classes.