

Acid Reflux- Stomach Ulcers

Protocol

1. Zypan- 2 capsules to be taken with every meal. Zypan is digestive aids that will help your body break down food for absorption.
2. Gatrex- 2 capsules 10 minutes before eating helps relieve pain and heals the gut lining.
3. Probiotic 1 cap per day to replenish normal gut bacteria
4. Do the above 2 for at least 2 months then continue on that schedule until you have stopped your acid reducing medicine then continue for one additional month. At that point gradually decrease your dosage until either off or at a comfortable maintenance dose if that is needed.

If you are currently on an acid reducing medicine talk to your Doctor about how to slowly back out of the medication

Caffeine, nicotine and alcohol all increase symptoms in acid reflux because they weaken the sphincter muscle which separates the esophagus and stomach thus allowing acid to infiltrate unprotected tissue in the esophagus.