

Antacids vs. stomach acid

1. Doctors are not up on what they haven't studied or what you don't understand. They put their pants on one leg at a time like the rest of us. Don't be too hard on them.
2. Only 6% of medical professionals are trained in nutrition in medical school. Most are like us it is little touched on in the realm of eat these food groups, eat less sweets, fats, etc. in high school and in college. No in-depth studies. Most of those with some training are nutritionists. However, not even most nutritionists have had deep study in nutrition and how it effects the human body. For this it is imperative that we pay attention to research scientists and how they set their studies up. Poor platform, poor facts.
3. **Make sure there is no physical problem causing the heart burn/ingestion**, not excluding heart trouble or ulcers. If there is no physical reason for the heart burn, then:
 - A. Man was created by an all knowing God. That said, stomachs were made to have stomach acid. It protects the stomach by coating it, it protects the immune system by being a barrier defense, and it aides in the digestive process by helping to break down chewed up food.
 - B. As we age, the amount of stomach acid produce by our bodies goes down; this can lead to: discomfort of heartburn/ingestion, increase in bloating, less productive bowel movements.
 - C. We can develop lazy sequencer muscles at the junction of stomach and esophagus.
 - D. Ways to increase stomach acid, don't drink with meal. Drink at least 30 minutes after. Take a digestive support supplement at beginning of meal. Don't eat big meals, eat more frequently. Don't have more than 4 things/flavors.
 - E. Mineral deficiency can give digestive problems and whole endocrine system problems. Lab tests are so, so, in the findings of this for two reasons. 1. We are all different, and a base line should be pre-established based on our own system to work well for us an individual vs. the general public (which in medicine studies is most often middle aged males, from what environment?). Mineral deficiency can cause hormone imbalances. Now instead of just starvation problems you also have organs which are not producing the right amount of hormones to run your body. Now your body will go to varies extremes, and long term your health starts to fail.
 - F. Eat green vegetable with every main meal to increase minerals.
 - G. With digestive problems CHEW:
 - H. Meal perfect health: small bites, chew, 30 times swallow
Ingestions/heart burn small bites, chew, 60 times swallow
Major health problems small bites, chew 100-120 times.
"Eat Right For Your blood Type" do avoid allergies & inflammation.

Foods with 5 digits and starting with 9 are organic. Foods with 4 digits and beginning with 3 or 4 are conventional foods.

- I. Don't eat food from foreign countries, eat frozen or fresh single ingredient foods, avoid artificial flavors/colors & avoid additives/preservatives, "eat right for your blood type"(big help), completely avoid partial hydrogenated oils and hydrogenated oils, avoid artificial sweeteners, avoid corn syrup, avoid GM foods (genetically modified), avoid if possible as much soy & soy lecithin, avoid MSG known as (MonoSodiumGlutamate),
- J. Apples, cherries, pears, peaches, celery, imported grapes, lettuce, nectarines, potatoes, spinach, sweet bell peppers, & strawberries are safest if bought organic because of toxic pesticides & herbicides used to grow them.
- K. Others about as safe no matter how you buy them: avocado, asparagus, banana, broccoli, cabbage, eggplant, kiwi, mango, onion, and pineapple.
- L. **ANY LONG TERM BLOCKAGE OF RECEPTORS BY ANTACIDS OR MEDICINE IS NEVER GOOD!** Nutrients can't go to the receptor point it is suppose to so malnutrition becomes the end result. For a proper functioning body we need the following in order because each builds on the previous.

Elements, amino acids, enzymes, minerals, vitamins, hormones, fats, others

4. PDR - Physician's Desk Reference Listed are a few but generally LONG TERM use MAY produce the similar in all. THEY PRODUCED ALL THE MAJOR PROBLEMS IN ME. Taking antacids and acid pump inhibitors were a significant noticeable time period in the change in my health and fast aging.

- **What is the most important information I should know about Prilosec?**

Long-term use of Prilosec may cause severe stomach inflammation, ***Side effects cannot be anticipated. If any develop or change in intensity, tell your doctor as soon as possible. Only your doctor can determine if it is safe for you to continue taking this drug.***

- Pepcid may cause dizziness. This effect may be worse if you take it with alcohol or certain medicines. Do not drive or perform other possibly unsafe tasks until you know how you react to it.

Notify your doctor if you have any symptoms of a bleeding ulcer, such as black, tarry stools or vomit that looks like coffee grounds.

Do not take antacids within 1 hour of taking Pepcid. Antacids may decrease the effectiveness of Pepcid.

You can help avoid heartburn and acid indigestion by not lying down soon after eating; keeping your weight down; quitting smoking or at least cutting down; and not eating just before bedtime.

Avoid or limit caffeine, chocolate, fatty foods, and alcohol.

- **Who should not take Pepcid?**

If you are sensitive to or have ever had an allergic reaction to Pepcid, or similar medications such as cimetidine, ranitidine, or nizatidine, you should not take Pepcid.

Do not use Pepcid AC products if you have trouble or pain swallowing food, vomiting with blood, or bloody or black stools.

- **What should I tell my doctor before I take the first dose of Pepcid?**

Tell your doctor about all prescription, over-the-counter, and herbal medications you are taking before beginning treatment with Pepcid. Also, talk to your doctor about your complete medical history, especially if you have kidney or liver disease; trouble or pain swallowing food; vomiting with blood, or bloody or black stools; had heartburn for more than 3 months; have heartburn with lightheadedness, sweating, or dizziness; chest pain or shoulder pain with shortness of breath, sweating, pain (to the arms, neck, or shoulders), or lightheadedness; frequent chest pain; frequent wheezing; unexplained weight loss; nausea or vomiting; or stomach pain.

The side effects of all the different PPIs are very similar. The most common side effects include:

- Headache
- Stomach Pain
- Nausea
- Diarrhea
- Vomiting
- Gas
- Constipation

Although not common, serious allergic reactions may occur. Contact your health care provider if you experience any of the following symptoms:

- Rash
- Trouble breathing
- Face Swelling
- Throat Tightness

Do PPIs Lead to Broken Bones?

You may have heard that PPIs can cause fractures. In May 2010, the U.S. Food and Drug Administration (FDA) warned about the possible increased risk of fractures with PPI use. Information from studies suggests that PPIs may be associated with an increased risk of hip, wrist, and spine fractures. People who were at the greatest risk were those on high doses or used PPIs for at least one year or more. The FDA is recommending that prescribers consider shorter courses of treatment and lower doses as appropriate to treat a person's condition. People at risk for osteoporosis should be monitored by their health care provider and take adequate calcium and vitamin D supplements.

Do PPIs Cause Low Magnesium Levels?

In March 2011, the FDA warned that using PPIs for more than a year may cause low magnesium levels. Symptoms of low magnesium include muscle spasms, tremors, irregular heartbeats, and seizures. However, not everyone with low magnesium will experience these symptoms.

The FDA recommends that health care professionals consider checking magnesium levels prior to therapy in people:

- Expected to be on long-term PPI therapy
- On PPI therapy plus Digoxin, diuretics, or other medications that lower magnesium
Your health care provider may also check magnesium levels periodically throughout treatment.

Do PPIs Cause Low Vitamin B12?

Stomach acid is needed to release vitamin B12 from the foods we eat. Because PPIs reduce stomach acid, it has been thought that PPIs may cause vitamin B12 deficiency. Symptoms of vitamin B12 deficiency may include:

- Weakness
- Anemia
- Numbness or tingling of hands or feet
- Memory problems
- Poor balance
- Soreness of the tongue or mouth

The information available is conflicting on whether this is a true side effect of PPI use. It appears that long-term use of PPIs may be most likely to lead to vitamin B12 deficiency in the elderly or in people with Zollinger-Ellison syndrome who are on high doses.

Do PPIs Help Prevent Cancer or Cause Cancer?

People who have uncontrolled GERD may be at risk for Barrett's esophagus — a condition in which the cells in the esophagus change. Although it is rare, a small number of people with Barrett's esophagus may develop esophageal cancer. PPIs are used to treat acid reflux associated with Barrett's esophagus and may lower the risk of cellular changes in the esophagus that can lead to cancer.

On the other hand, there has been speculation that long-term treatment with PPIs may increase the risk of cancer. However, the evidence is not conclusive. More research needs to be done regarding PPI therapy and the link to cancer. However, people on long-term PPIs should be reassessed periodically to make certain the benefits from the medication continue to outweigh the risks.

Talk to Your Health Care Provider

Most medications have side effects. Some side effects are a nuisance, but may go away after continued use of the medication. Other side effects may be bothersome enough to discontinue the medication. Talk to your health care provider about what to expect with any new medication. If you are using PPIs for an extended period of time, discuss the risks and benefits of long-term use.

- **What is the most important information I should know about Protonix?**

Protonix may mask the signs of stomach cancer. Also, long-term use with Protonix may cause chronic stomach inflammation and a vitamin B12 deficiency.

- **What are the possible side effects of Protonix?**

Side effects cannot be anticipated. If any develop or change in intensity, tell your doctor as soon as possible. Only your doctor can determine if it is safe for you to continue taking this drug.

Side effects may include: headache, diarrhea, nausea, stomach pain, vomiting, gas, dizziness, upper respiratory infection, fever, pain in the joints, rash

- **Can I receive Protonix if I am pregnant or breastfeeding?**

The effects of Protonix during pregnancy are unknown.

I strongly urge exercising caution, and do other options before going on any drug therapy. I did all known ulcer & antacid meds & surgery. Continued to worsen, until I changed my mineral consumption, then added more amino

acids & enzymes to my diet. Then when I realized I was on the right track revamped my whole diet. I lost 75 pounds in 5 months. Illnesses which plagued me for years disappeared. Now I am gaining muscle mass and strength by the continued change in leafy herb diet. Female version of atlas coming on at age 48 yrs. old and very little effort.