

LOECHINGER CLINIC

THANKSGIVING EDITION

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Indigestion

You over indulged and went to bed stuffed. You felt bloated, had a tough time getting to sleep, but finally everything is okay - until 3 AM. That's when a big wave of acid heartburn wakes you right out of your sleep. Now you really feel rotten. You have red-hot heartburn, gas, belching, cramps, a headache, and nausea. And worst of all, you realize that your dinner is still sloshing around in your stomach, totally undigested, hours after eating.

It wasn't too bad when everyone spelled "relief" R-O-L-A-I-D-S. After all, these little beauties simply neutralized the mash of nasty gasses and acids produced by too much foods of the wrong types, combined improperly, and almost always in a stomach lacking in adequate digestive enzymes and acids. But at least they didn't block stomach acid at its source - like the newer antacid drugs like Prilosec, Prevacid, Nexium, and others.

But the scary part is that less than one person in 1,000 who is prescribed these drugs actually needs it. Taking these drugs is like driving your car and ignoring the 'service engine soon' light that comes on to warn you of serious engine problems. By ignoring the warning signals of chronic heartburn by blocking acid production, you are getting short - term relief for a much bigger problem that will be paid for later. Consider these alternatives:

Half of all the patients on these drugs could eliminate the problem by using proper food combining, eliminating wheat, and greatly reducing sugar in their diet.

Food Combining

There are five simple rules to remember for your one-week, food - combining trial.

1. Do not combine fruit with any other food.
2. Do not combine protein with a starch.
3. Do not combine bread with a protein. Better still, eliminate all bread, wheat and gluten for 30 days.
4. Drink only small amounts of pure water with your meal.
5. After dinner, don't eat anything until morning.

That's it! It's easy. And what does it leave you? All the food you want to eat until you are full. No dieting. And plenty of variations in the types of foods you can eat.

The hardest part of the program is to stop combining protein and starch, and protein and bread. This means no meat, chicken, fish, eggs, or beans eaten with potatoes, rice, or pasta. Instead, have these protein foods with lots of fresh steamed vegetables and a big salad. Or, have a starch dinner of pasta and marinara with veggies and salad - just leave out the meatballs. An additional 35% of those suffering with acid reflux could become symptom - free by taking a proper digestive enzyme product like **Zypan** from Standard Process before each meal.

Low Stomach Acid and The Zypan Test

If indigestion is caused by low stomach acid, providing hydrochloric acid, enzymes, and the raw materials to create acids will bring prompt relief. This is where **Zypan** from Standard Process comes in. It contains betaine hydrochloride, pepsin, and pancreatic enzymes (mostly made from beets). Dr. Loechinger will start you with one tablet per meal and see if you feel better or worse. If you feel the same or slightly better, take two or three per meal and judge the response with no side-effects.

It is a **rare instance** that a burning stomach is caused by an ulcer. If the burning or tingling occurs with Zypan, this is the sign that you may have an ulcer or a severe case of gastritis (usually caused by the ramifications of long-term antacid use). With low stomach acid, food stays in the stomach too long and slowly ferments. Food cannot move out of the stomach until the food mass is acidic. The sphincter will not allow the food to pass until this occurs. With low stomach acid or antacid use, this can take hours. During this time the food ferments, producing acidic gases and acids. These irritants are what cause most burning, ulcers and gastritis.

What to Do for Ulcers

Take one to three months to treat and eliminate the inflammation or ulcer. Try combining your foods more carefully. Eliminate all wheat products and milk products from your diet for 30 days. Dr. Loechinger generally prescribes three or four **Gastrex** capsules 15 minutes before each meal and at bedtime along with three **Okra Pepsin E3** capsules with each meal. If you have a bad ulcer, drink eight ounces of freshly juiced cabbage daily (can be combined with a little apple juice for taste). After one to three months, most ulcers and gastritis will be healed.

At the end of healing an ulcer or gastritis, you are still left with the job of **treating the cause of the problem** (a novel concept in the field of medicine). You are back to the Zypan test. Once you find out that low stomach acid was the cause of the problem all along, treating and resolving the condition is easy. Use Zypan while you clean up your diet, get plenty of raw foods (which contain lots of enzymes), use a good form of salt, we recommend Celtic Sea Salt (which is necessary for the production of stomach acids and enzymes), and combine foods more sensibly.

Thanksgiving Wishes

From all of us at Loechinger Clinic, we wish all of you a very happy and healthy Thanksgiving season.