

# For your Health and Wellness!

## FDA issues Warning on Acid Reflux Drugs

The FDA has just issued **another** warning on drugs like Prilosec and Prevacid. Here is just another example of the overuse of popular drugs. Medical doctors tend to prescribe these things without thinking of the consequences. "Just put a Band-Aid on it". These drugs block the production of stomach acid in the people who need it most-namely older people. Stomach acid production drops off with age, making it harder to absorb the nutrients. There are more holistic steps to heal the digestive area for many of these people. These drugs are classified as Proton Pump Inhibitors (PPI). These drugs may decrease the pain caused by acid reflux and "heartburn" but do nothing to alleviate the cause of the problem. Once you start taking these acid reducing drugs it is very tough to get off of them. Guess what happens when the body senses that there is decreased acid? It produces even more stomach acid. The whole idea of these drugs is flawed.

Side effects related to decrease stomach acid production include infections and bacteria which may cause prolonged diarrhea and pneumonia, poor vitamin and mineral absorption, nutritional deficiency, possibility of osteoporosis due to loss of calcium, dangerously low levels of magnesium increasing the risk of muscle spasm, heart arrhythmias, heart attack, stroke, and seizures. Research has shown that the use of these drugs over time increases the risk of bone fractures; the longer a person uses these drugs, the higher the risk becomes.

### Examples of Acid Reflux Drugs

- Rabeprazole sodium (AcipHex)
- Dexlansoprazole (Dexilant)
- Esomeprazole magnesium (Nexium)
- Omeprazole OTC
- Lansoprazole (Prevacid and Prevacid 24 hr OTC)
- Omeprazole (Prilosec and Prilosec OTC)
- Pantoprazole sodium (Protonix)
- Esomeprazole magnesium and naproxen (Vimovo)
- Omeprazole and sodium bicarbonate (Zegerid and Zegerid OTC)



In the last week's hand out we showed the results of a study in the JMPT concerning Chiropractic and improvement in body functions, not just back pain. In the 5607 patients in the study 26% noted an improvement in digestion. This is *improvement without medication*. The thermography system that we use in the office for exams can help us plot this improvement.

Guess what else we know about people who have "heartburn"? Many of these people don't have the problem of too much stomach acid but too little! That's right. Too little stomach acid means that the food is not digested. This food becomes *fermented(!)* and the body tries to get rid of it by pushing it back up or came from, causing "heartburn". So, medically instead of trying to find out the cause of the heartburn everyone gets the same medication. The Nutrition Response Testing that Dr. C. performs in the office can determine the cause of poor health using the homeopathic test kits and making recommendations for the whole food supplements that will actually help heal the digestive system. Watch the DVD in the reception area and ask Dr. C. about it.

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