

# For your Health and Wellness!

## Oh, that Purple Pill!

Acid indigestion and heartburn are indicators of poor digestive health. There are a lot of pills on the market to ease these symptoms but are they doing more harm than good?

While it's dangerous to have acid reflux, turning it off with the Purple Pill or antacid can lead to other problems. These medications also don't address the root of the problem. Many people with digestive problems, acid reflux, gas and bloating actually suffer from *decreased* stomach acid.

The purpose of the acid in the stomach is to digest protein. Not enough stomach acid and the protein putrefies (and carbohydrates ferment) creating gas and bloating. The upper sphincter of the stomach will only close tightly in the presence of adequate acid. If the acid level is low it opens up letting the contents go back into the esophagus (reflux). This can cause damage to the esophagus. Low stomach acid also causes the lower sphincter of the stomach to stay closed giving that feeling of fullness or bloating.

Adequate stomach acid is needed to absorb minerals such as calcium, iron, magnesium, copper and zinc. You also cannot absorb vitamin C, K, and B complex. Think of the implications in Osteoporosis where women are not able to absorb minerals. If minerals are not absorbed, guess where the body gets them? The bones of course! The older we get the *more stomach acid we actually need* as production starts to fall off after about age 35.

Adequate stomach acid is also needed to help your immune system. With colds, and post nasal drip the infected material drips down to the stomach where the bacteria is killed off. In foods, bacteria and parasites are killed off preventing food poisonings or infestations through the very low pH of the stomach acid. There has been an increase in pneumonias due to these acid lowering drugs.

And what about probiotics? It's no coincidence that they are called "*Acid-ophilus*", because they have to live in an acidic environment. When our gut is not acidic enough it is a waste to take these probiotics and detrimental yeasts such as Candida survive and flourish. Stomach acid also triggers the gallbladder to release bile in the pancreas to release it's enzymes. Not releasing their contents can lead to a backup, sludge, and possibly stones.

So again, "the medical think" is treating the symptoms and not trying to find the cause. Is medicine really that much smarter than the human body? I don't think so. There are so many potential side effects and health problems related to the use of these acid lowering drugs. The Nutrition Response Testing that Dr. Caprile performs in the office can certainly help to find the cause of the problem. By actually testing through body reflexes and the homeopathic test kits we can find the proper combination of supplements that can help to restore the body to proper health and function, without side effects of course! Approach your health as if your life depended on it. And it does!

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