



# Jacksonville Chiropractic Center

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## THE MYTH OF ACID INDIGESTION

**FACT- AT LEAST 90% OF THOSE SUFFERING FROM "ACID INDIGESTION" AND/OR "ACID REFLUX" ARE IN REALITY SUFFERING FROM TOO LITTLE STOMACH ACID.**

"How can this be?" you ask. "It feels like too much acid, and the TV commercials tell me it's too much acid."

### ***Here's how it works:***

When you eat a meal, the stomach is designed to produce strong acid to begin the digestive process, especially of proteins. When there is too little stomach acid, the food sits too long in the stomach undigested, and begins to ferment and rot.

**It is the acids of the fermenting and rotting food that cause the feeling of acid indigestion** (and can eventually cause ulcers).

Sufficient stomach acid is also the signal to the small intestine to open up, receive the stomach contents, and begin the next phase of digestion. When this signal is too weak, the stomach contents may try to escape in the other direction, causing the symptoms of acid reflux.

What happens when antacids are taken for this condition? It makes the symptoms stop and the problem worse. It would be like putting a piece of duct tape over the oil light in your car when it comes on, thinking you've solved the problem.

Antacids stop the digestive process, and the partially-digested, rotting food is forced through the rest of the digestive tract. Not a pretty picture. (This is also true of the acid stoppers like Zantac, Pepsid AC, and especially Prilosec and Prevacid.)

Minerals in particular cannot be digested without a strong acid medium in the stomach. Antacids and acid stoppers create an alkaline condition in the stomach. It therefore becomes impossible to digest calcium and most other minerals. (So much for Tums!)

As this condition continues, the digestive tract becomes weaker and weaker, as well as increasingly toxic. You are also not digesting and absorbing the nutrients from food.

Loss of the ability to produce sufficient stomach acid, and all the consequences of this, is the first step in developing all kinds of degenerative diseases. However, the connection that this is an underlying cause of disease is seldom made.

The real solution is simple. There are natural and very effective supplements to assist digestion and help your body to repair its own digestive ability. As your doctor and the appropriate Standard Process supplements.