



OPTIONS CENTER HEALTH TOPIC



ANTACIDS CAUSE PNEUMONIA?!

"[When you chronically take antacids]... simply put, through a series of biochemical interactions, you will be up a creek without a paddle. Your immune system will be constantly stymied. You will be prone to more colds, flu, infections, and viruses (including those that attack your coronary vessels or heart). You would have trouble recovering from simple problems. You could develop Chronic Fatigue Syndrome from a host of chronic, immune-debilitating, sub-clinical infections and invasions by ever-present microbes. And all this from your antacids – thank you, doctor."

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Once you start blocking, inhibiting, or sopping up digestive acids, you will eventually **be made permanently ill**. The quote at the beginning of this article may sound too strong, or even hard to believe. But digestive acids are critical germ fighters. That is correct – adequate stomach acids are essential to fighting germs and infections.

A remarkable Dutch study of over 300,000 people discovered that the most popular antacids **increase the risk for pneumonia**. What kills tens of thousands of seniors every year? **Pneumonia!** What do seniors gobble up by the trainload every year? **Antacids**.

Stop Stomach Acid Production?!

The highest risk for pneumonia was found with the most powerful acid stoppers called proton pump inhibitors. These include *Nexium*, *Prevacid*, and *Prilosec*. These don't just sop up acid, they actually inhibit it at its source – a ridiculous proposition for 99% of indigestion sufferers. For these folks, indigestion is caused by poor diet, food processed beyond recognition by the body, bizarre combinations of foods at the same meal, overeating, hiatal hernia, antibiotic use, and the most common cause of all – **insufficient digestive acids**.

That's correct. The most common cause of indigestion and heartburn is **inadequate** quantities of digestive acids and enzymes in the stomach. Just how can this be? Well, given the poor eating habits listed, your body has quite a time digesting the "foods" you put into your stomach. When stomach acid is deficient, a good portion of this food never digests. Instead, it lies in the stomach for hours – churning,



bubbling, fermenting – producing a mash of acids, gasses and caustic by-products of purification. If you think not, just take a good whiff of vomit. So instead of improving diet and food combinations and supporting good acid production in the stomach, medicine comes along with the "little purple pill."

Believing that most people are too uneducated, brainwashed, and/or unmotivated to make the necessary changes to improve digestion, the pharmaceutical industry has filled the void by producing antacids. These sop, block, or inhibit both the good and bad acids – the bad ones produced in the stomach by poor digestion. You get relief because the caustic mash in your gut has been neutralized to some degree, but at a very high cost.

The Cost of Blocking Stomach Acids

If you are a typical senior on a host of cardiac drugs and come down with a good case of pneumonia because you no longer have any germ-fighting acids in your digestive tract, you could easily die. If you are a young person and you have already started on the downward health spiral of antacids and acid stoppers, please wake up. You could be slowly killing yourself. Unlike the senior, you will recover from pneumonia – at least until you become older.

For all patients, once you reach the endpoint and get really hammered by pneumonia, you will find out fast that all of medicine's drugs can no longer stop the infection. And you will die never having known that the innocuous little daily pills may have contributed to your death.

Don't Fall for This Hoax

Indigestion, except in the most rare of cases, is not caused by excess stomach acid. The same goes for heartburn, reflux, Barret's esophagus, chronic nausea, gas, belching, bloating, and the rest. These are mostly the signs of inadequate production of good stomach acid combined with all the bad habits already discussed. The hoax of antacids is simply a money-making scheme – these drugs produce **billions of dollars** in sales every single year!

Once you jump on this bandwagon, you will eventually be made **permanently ill**. So use common sense. Just say NO to antacids.

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OPTIONS ALSO OFFERS YOU

- ✓ Hair Analysis to determine what digestive supplements your body needs.