



## OPTIONS CENTER HEALTH TOPIC



### THE MYTH OF ACID INDIGESTION

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- Lang Nutritional Seminars

**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, 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 but the problem worsens. It would be like putting a piece of duct tape over the oil light in your car when it comes on and 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. And, without the appropriate acid signal from the stomach, the pancreas is not sufficiently stimulated to produce its digestive enzymes.

Minerals in particular cannot be digested without a strong acid medium in the stomach. Antacids create an alkaline condition in the stomach. **It is, therefore, impossible to digest any of the calcium from antacids such as Tums and Maalox.** In other words, you have been had by the TV advertisers.

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 the food.

Losing the ability to produce sufficient stomach acid and all the consequences of this is the first step in developing all kinds of degenerative diseases. Degenerative conditions of all kinds begin the moment we lose our ability to produce sufficient stomach acid to digest our food, and/or the moment we begin regularly consuming antacids. However, making 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. Please check our website under, Health Center/Step by Step/Step 1, to see how to get started. Call Options for an appointment.

### OPTIONS ALSO OFFERS YOU:

- ✓ **Supplements** to assist the digestive tract without harming the natural pH of the stomach.
- ✓ **Hair analysis** can indicate whether additional HCL or enzymes are needed.

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