Heartburn
• According to the Canadian Digestive Health Foundation, on average, 5 million Canadians experience heartburn and/or acid regurgitation at least once each week.
What Is Heartburn?

• Heartburn, also known as acid indigestion or acid reflux, is an irritation of the esophagus caused by acid that comes up (refluxes) from the stomach.

• It is a burning discomfort that is felt in the chest just behind the breastbone.

• The burning sensation results when harsh stomach juices come in contact with and irritate the delicate lining of the esophagus.
• The medical term used for chronic heartburn is Gastro Esophageal Reflux Disease or GERD.

• GERD is defined as a digestive disorder in which partially digested food from the stomach, along with hydrochloric acid and enzymes, backs up (or regurgitates) into the esophagus.
What Causes Heartburn?

• **Too much stomach acid** – can reflux into the esophagus and irritate the lining of the stomach.

• **Overeating** – will hamper digestion if too much food is ingested at once.

• **Processed foods** – require more acidity to break down.

• **Restrictive clothing** – constricts the abdomen and inhibits gastric emptying.

• **Medications** – can trigger heartburn, or make heartburn worse.

• **Physical Conditions** – such as pregnancy, diabetes, hypothyroidism, scleroderma and amyloidosis.

• **Not enough stomach acid** – plays a key role in keeping the lower esophageal sphincter (LES) in a relaxed and open state longer than normal.
Foods & Beverages That Trigger Heartburn

Food and drinks that commonly trigger heartburn include:

- Alcohol, particularly red wine
- Caffeinated drinks including coffee, tea and soda
- Carbonated beverages
- Chocolate
- Citrus fruits
- Fatty foods
- Tomatoes
- Pepper, garlic, raw onions, and spicy foods
- Peppermint/spearmint (which keeps the lower esophageal sphincter relaxed and open)
Not Enough Stomach Acid

- A large portion of people with heartburn have low stomach acid.

- When there is a lack of stomach acid, the stomach is no longer a sterile environment.

- This allows bacteria, parasites, and other pathogens to infiltrate and colonize in the stomach, intestinal tract, and colon.

- The bacteria putrefy food in the stomach, causing volatile gases and fatty acids to be produced.

- The combination of gas and acids creates pressure in the stomach that is greater than the pressure exerted by the lower esophageal sphincter.

- This allows acids from the stomach to be forced up into the esophagus like a volcano erupting.
The primary role of hydrochloric acid is to sterilize the food consumed and to prevent harmful bacteria from entering the GI tract.

HCl triggers the release of enzymes such as pepsin which is essential for the digestion of protein.

HCl also triggers the release of alkaline bicarbonate into the blood.

Minerals that are hydrochloric acid-dependent include: calcium, chromium, copper, iron, manganese, magnesium, molybdenum, selenium and zinc.

This means deficiencies in HCl can and likely will result in the inability to use several important minerals and nutrients.
How To Test For Low HCl?

- Take a teaspoon of apple cider vinegar, white vinegar or pure lemon juice on an empty stomach.

- If there is an immediate strong burning pain, the stomach acid is too high.

- If there is a mild warming sensation, the stomach acid is good.

- If it takes more than one teaspoon to feel a warming sensation, the stomach acid is too low.

- The more teaspoons of vinegar or lemon juice someone needs to take to feel that mild burning sensation, the lower the HCl level.

- When performing this test, have a baking soda and water solution on hand to neutralize any acid that may cause irritation.
What Causes Low Hydrochloric Acid?

- Age – as we get older, stomach acid production tends to decrease (especially with chronic illness)
- Zinc and B vitamin deficiencies (more specifically thiamine)
- Candida
- Chronic disease
- Drinking ice water with meals
- Eating a nutritionally-deficient diet made up of processed and fast foods
- Chronic stress - note that intense stress increases HCl production initially but as stress continues and becomes chronic and low-grade, the body becomes exhausted and HCl production is no longer adequate
- Poor food combining
- Prescription and over-the-counter drugs can suppress HCl production either directly or indirectly
- Refined sugars, which deplete minerals needed to produce HCl
There are various ways to naturally improve HCl and upper digestive function. Please keep in mind that none of the following suggestions may be suitable if suffering from gastritis or ulcers:

- Add some acid to meals in the form of lemon or vinaigrettes and fermented vegetables.
- 1-2 tsp of apple cider vinegar or lemon juice in a small glass of water will help acidify the stomach. It’s best consumed with meals or right at the beginning of a meal.
- Avoid drinking large amounts of water with meals as this will dilute gastric juices. Swap water for gelatine and mineral-rich home-made bone broth. Gelatine stimulates digestive juices and helps with protein digestion.
- Avoid over-the-counter antacids and proton-pump inhibitors.
- Chew food thoroughly. This primes the stomach for digestion.
- Eat in a peaceful, stress-free environment, and enjoy tasty food. The smell and anticipation of food works to trigger gastric acid release.
- Eat the protein portion of the meal first. Amino acids stimulate gastric acid release.
- Taking bitter herbs such as Gentian, Globe Artichoke, Hops and Dandelion Root will stimulate gastric acid secretion. Ginger also stimulates digestion.
- Zinc is necessary to produce carbonic anhydrase, an enzyme involved in gastric acid production.
Frequent heartburn can severely impact the productivity, daily activities and quality of life of those who experience it.

Chronic excessive gastric output can result in very serious gastrointestinal problems such as:

- Gastritis
- Stomach irritation
- Stomach ulcers
- Esophageal cancer
Barrett’s Esophagus

- Barrett’s Esophagus occurs when frequent esophageal irritation causes abnormal cell growth in the esophagus.

- The cells actually resemble that of the stomach lining which creates a serious condition that often leads to esophageal cancer.
Helping customers keep tabs on what they eat and when, can help determine what may be causing their symptoms. This can be done by keeping a heartburn diary and answering the following questions.

- What do you eat and drink?
- What is the portion size?
- When do you eat?
- What medicines are taken and the time that they’re taken?
- Do you have pain, and if so, when does the pain start? For example, did the heartburn happen after you ate a meal, took medication or lay down?
- What does the pain feel like?
- What makes it feel better?
Hydrochloric acid is created within cells of the stomach lining by a proton pump.

With acute heartburn, it is best to temporarily reduce the amount of gastric acid produced in order to allow the stomach and the esophagus to heal.

Pharmaceutical products used to inhibit gastric output (Proton Pump Inhibitors or PPI’s) can irreversibly block gastric acidity which is not good for the body long-term.
HeartburnSTOP is an all-natural product for occasional heartburn, acid reflux, or stomach ulcers.

HeartburnSTOP chewable tablets provide temporary, short-term reduction of HCl for acute situations of heartburn.

It does not have a long-term negative effect on stomach acid secretions like pharmaceutical products.

HeartburnSTOP works to reduce gastric secretions in the stomach and neutralize existing acid.

At the same time, it works to protect and heal the tissues in the stomach and esophagus with antioxidants and herbs.
**HeartburnSTOP**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium Carbonate</td>
<td>295mg</td>
</tr>
<tr>
<td>Magnesium Carbonate</td>
<td>225mg</td>
</tr>
<tr>
<td>Fava Bean (Vicia faba)</td>
<td>200mg</td>
</tr>
<tr>
<td>Raspberry Fruit (Rubus idaeus)</td>
<td>200mg</td>
</tr>
<tr>
<td>Magnesium Hydroxide</td>
<td>140mg</td>
</tr>
<tr>
<td>Pomegranate Fruit Extract (Punica granatum)</td>
<td>65mg</td>
</tr>
<tr>
<td>Aloe Vera Leaf Gel (Aloe barbadensis)</td>
<td>50mg</td>
</tr>
<tr>
<td>Papaya Fruit (Carica papaya)</td>
<td>25mg</td>
</tr>
<tr>
<td>Apple Pectin (Malus sylvestris fruit)</td>
<td>20mg</td>
</tr>
<tr>
<td>Sodium Bicarbonate</td>
<td>20mg</td>
</tr>
<tr>
<td>Gastric Mucin</td>
<td>5mg</td>
</tr>
</tbody>
</table>
Since heartburn and acid reflux can actually be caused by low stomach acid, supplementing with HCl and digestive enzymes is an important step towards solving the problem.

- DigestMORE HCl is a blend of digestive enzymes and Betaine Hydrochloride.

- It works to improve the levels of stomach acid in the body.

- DigestMORE HCl should be taken with meals and never on its own.
# DigestMORE HCl

## DigestMORE HCl - Each capsule contains

<table>
<thead>
<tr>
<th>Enzyme Description</th>
<th>Strength</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpha-Amylase (Aspergillus flavus var. Oryzae - Whole)</td>
<td>90mg / 9000 FCC DU</td>
</tr>
<tr>
<td>Protease (Fungal Protease, Aspergillus flavus var. Oryzae Whole)</td>
<td>40mg / 20,000 FCC HUT</td>
</tr>
<tr>
<td>Lipase (Triacylglycerol lipase, Aspergillus niger, - Whole)</td>
<td>11.2mg / 36 FCC LU</td>
</tr>
<tr>
<td>Cellulase (Trichoderma reesei - Whole)</td>
<td>2mg / 250 FCC CU</td>
</tr>
<tr>
<td>Invertase (Saccharomyces cerevisiae - Whole)</td>
<td>0.5mg / 50 FCC SU</td>
</tr>
<tr>
<td>Lactase (Aspergillus flavus var. Oryzae - Whole)</td>
<td>2.5mg / 250 FCC ALU</td>
</tr>
<tr>
<td>Malt Diastase (Hordeum vulgare – Seed)</td>
<td>12.5mg / 125 FCC DP</td>
</tr>
<tr>
<td>Pectinase (Aspergillus niger - Whole)</td>
<td>4mg / 60 Endo-PG</td>
</tr>
<tr>
<td>Phytase (Aspergillus niger - Whole)</td>
<td>1mg / 2 FCC FTU</td>
</tr>
<tr>
<td>Betaine Hydrochloride</td>
<td>200mg</td>
</tr>
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</table>
• Heartburn can cause serious damage to the esophagus so it is very important to heal it.

• IntestiNEW helps to rebuild, repair and reduce inflammation in the intestinal tract, which includes the esophagus.

• IntestiNEW contains a mix of anti-inflammatory and intestinal supportive ingredients.

• It can be taken ongoing as needed to heal the damage caused by heartburn and GERD.

• The powdered form is best for healing and repair of upper gastrointestinal issues.
<table>
<thead>
<tr>
<th>IntestiNEW Powder - Each serving scoop (5.4g) contains</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-Glutamine</td>
</tr>
<tr>
<td>N-Acetylglucosamine</td>
</tr>
<tr>
<td>Gamma-Oryzanol (Oryza sativa – rice bran oil)</td>
</tr>
<tr>
<td>Cranesbill Root (Geranium maculatum)</td>
</tr>
<tr>
<td>Ginger Root (Zingiber officinale)</td>
</tr>
<tr>
<td>Marigold Flower (Calendula officinalis)</td>
</tr>
<tr>
<td>Marshmallow Root (Althaea officinalis)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>IntestiNEW Capsules - Each capsule contains</th>
</tr>
</thead>
<tbody>
<tr>
<td>L-Glutamine</td>
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<tr>
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<td>Marshmallow Root (Althaea officinalis)</td>
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</table>
HeartburnSTOP Ingredients

HeartburnSTOP contains a mixture of herbs and minerals which work together to neutralize current heartburn and help it from returning. It also includes antioxidants and herbs which help to heal the stomach and esophageal lining.

Neutralizes existing stomach acid:
- Calcium Carbonate
- Magnesium (from carbonate and hydroxide)
- Sodium Bicarbonate
- Fava Bean
- Apple Pectin
  - fibre used for acid absorption

Reduces gastric secretions:
- Aloe Vera
- Ellagic Acid from Pomegranate Fruit
  - a natural proton pump inhibitor
- Papaya Fruit

Help to heal stomach and esophageal lining:
- Aloe Vera
  - helps heal ulcers
- Raspberry Fruit
  - has antioxidant properties
- Gastric Mucin
  - protects the lining of the esophagus and stomach from acid
DigestMORE HCl Ingredients

**DigestMORE HCl**
DigestMORE HCl contains digestive enzymes and Betaine Hydrochloride (HCl):

**Betaine Hydrochloride**
- a component of stomach acid, which destroys bacteria and parasites ingested with food.

**Enzymes that break down proteins:**
Protease
- breaks down proteins into amino acids.
Betaine Hydrochloride
- breaks down protein into amino acid chains.

**Enzymes that break down carbohydrates and sugars:**
Amylase
- breaks down carbohydrates into simple sugars.
Lactase
- breaks down lactose (found in dairy, many people lack the lactase enzyme).
Invertase (Sucrase)
- breaks down sucrose (found in sugar).
Malt Diatase
- breaks malt sugar (found in beer, crackers and cereals).

**Enzyme that breaks down fats:**
Lipase
- breaks down fat.

**Enzyme that breaks down fibre:**
Cellulase
- breaks down cellulose (plant cell walls/fibre).
Pectinase
- breaks down pectin (a polysaccharide found in plant cell walls).

**Enzymes that break down phytic acid:**
Phytase
- breaks down phytic acid (found in grains, beans and seeds).
IntestiNEW Ingredients

IntestiNEW contains a mix of anti-inflammatory and intestinal supportive ingredients:

Repairs and rebuilds intestinal tract:
L-Glutamine
• increases intestinal villous height, stimulates mucosal cell growth in the intestinal tract, and helps to maintain the mucosal cell integrity.
N-Acetylglucosamine
• required for tissue repair mechanisms.

Anti-inflammatory:
Ginger Root
• anti-inflammatory properties.
Marigold Flower
• helps to alleviate mucous membrane inflammation.

Demulcent (soothing):
Marshmallow Root
• alleviates local irritation.
• inhibits mucociliary activity.

Carminative (expels gas from stomach, intestines or bowel):
• Ginger Root

Anti-Diarrhea:
Cranesbill Root
• contracts blood vessels thereby stopping internal bleeding.
• helpful for diarrhea and chronic dysentery.

Enhances gastric & ileal movement:
Gamma-Oryzanol
Thank You
for your time & involvement!