
Heartburn? Acid Indigestion? Acid Reflux? GERD?

Blocking or neutralizing the hydrochloric acid your stomach produces is not the answer! While this provides quick, temporary relief, it doesn't solve the real causes of "acid" problems. Using these remedies regularly can actually aggravate the problem, and may mask more serious health conditions.

To learn what's really causing your "acid" problem and how to fix it, look inside this month's issue of Sunshine Sharing.



meal, Digestive Bitters can improve appetite and help food to digest more efficiently.

If one experiences dull burning pains in the stomach an hour or more after eating, taking a 1/2 teaspoon Digestive Bitters every 5-10 minutes can rapidly reduce the acid burning and help the valve at the bottom of the stomach to release the contents of the stomach into the small intestines. A small amount of **goldenseal** powder, placed on the tongue will achieve the same effect.

Anti-Gas with Lobelia and **Chinese Anti-Gas Formula** are two blends that can ease intestinal gas and bloating and improve digestive function. Taken regularly, they can reduce both acid indigestion and acid reflux. Chinese Anti-Gas Formula is specifically indicated for "sour belching" and "heavy feelings in the stomach." Anti-Gas with Lobelia is more specific to severe bloating.

Temporary Relief

Okay, so you know better, but you just overate all those "bad" foods and now your stomach hurts. What can you do besides reaching for that antacid? Well, you can try chewing some **Papaya Mint Tablets** or sipping a little **Catnip and Fennel** and **Liquid Chlorophyll** in a little warm water. These remedies will help your body digest the food and relieve gas and bloating. A little peppermint or chamomile tea can also work wonders.

If you still have acid pains, try taking a little **Stomach Comfort**. This product contains calcium to neutralize the acid, but it also has herbs that aid digestion and reduce gas, bloating and acid reflux.

If you have a persistent problem that doesn't respond to these remedies after a couple of weeks, or if you experience severe digestive or esophageal pain, see a doctor. You may be dealing with a more serious problem, and a correct diagnosis is important.