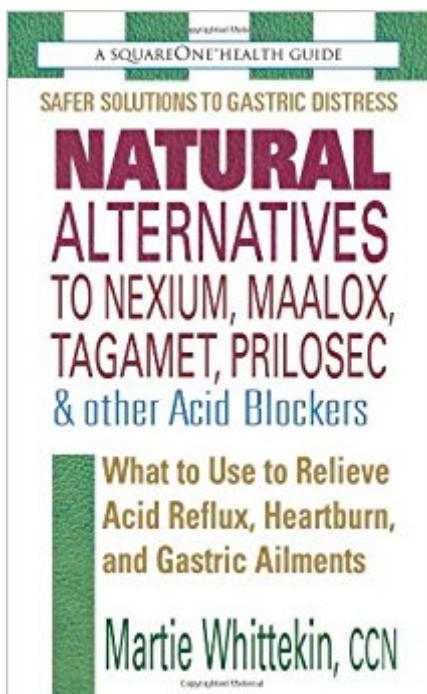


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# **Natural Alternatives To Nexium, Maalox, Tagamet, Prilosec & Other Acid Blockers: What To Use To Relieve Acid Reflux, Heartburn, And Gastric Ailments**



## **Synopsis**

Written by health professionals who are well recognized in their respective fields, these concise, easy-to-read books focus on a wide range of important health concerns. From migraine headaches to high cholesterol, each title looks at a specific problem; each provides a clear explanation of the disorder, its causes, and its symptoms; and each offers natural solutions that can either greatly reduce or completely eliminate the problem. Some titles also focus on natural alternatives to drugs with serious side effects—alternatives that in many cases can be used in conjunction with prescription medications. This growing series of titles can be counted on to provide safe and sensible solutions to all-too-common health problems.

## **Book Information**

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## **Customer Reviews**

"A timely rebuttal to the pill-first argument." (ForeWord Reviews)

Martie Whittekin, CCN, is a Certified Clinical Nutritionist and nationally syndicated radio host. For over thirty-five years, she has been a nutritional counselor, lecturer, and an integral part of the functional medicine movement in the United States. While serving as president of the National Nutritional Foods Association (NNFA), she helped pass the landmark Dietary Supplement Health and Education Act and received the NNFA's Crusader Award. She has also served on the Board of Trustees for Bastyr University. As an activist and the host of the popular radio show "Healthy by Nature," the author has been privileged to interview and learn from hundreds of leading figures in the fields of nutrition and natural medicine. Her previous book, *Natural Alternatives to Nexium*,

Maalox, Tagamet, Prilosec & Other Acid Blockers, is a national bestseller.

I have been suffering from acid reflux of varying degrees for several years. I was treated and put on Omeprazole by my doctor. I was told that I would likely have to spend the rest of my life on this medication (I am in my mid 60's). I experienced very good results from this drug. After reading several articles about the possible long term side affects of these types of drugs (acid blockers), I became concerned. I do not take any other meds and was determined not to be chained to this one. It is incredible that the medical community does not even know what causes acid reflux or gerd. I did not have an acid test done. The doctors assumed, as they mostly do, that I was suffering from too much acid in my stomach. I stumbled upon this book and decided to read it hoping to get some alternatives to taking drugs. I discovered several actions that I could take. I also discovered that over 80% of acid reflux and gerd suffering is cause by too little acid in the stomach, not too much. Acid is extremely important in the fight against disease. I have started to add enzymes (acid in pill form) to my stomach and have had decent results. This is the same as taking probiotics. I have lost some weight and do not eat anything after 7 pm. I am in the process of incorporating some other changes as far as eating less of certain foods and adding vitamins and minerals, as suggested by this book. I no longer take any drugs, other than an occasional antacid like Tums, if I feel my acid is out of balance. If one is looking for alternatives to drugs that can result in doing more harm than good, I recommend this book. It offers some sensible advice and covers a wide range of possibilities for understanding this problem as well as for directly dealing with it. This is a good place to start. The author also runs a web site dedicated to healthier living.

Pocket size paperback book full of information about medications and food choices to use for acid reflux, heartburn and gastric ailments. Are they right for you? Quick read and many answers. New habits to make your life so much easier. Lots of important vocabulary words and meanings for your new health regime. Be a "know it all" for your own body. Used this book for the last three months with much success. Know your PH in foods. Read this for a new quality of life. Many suggestions for your inflamed tissues in your tummy. Food alternatives to help you to get through one day at a time. One suggestion...elevate your head and see many of your problems go away. This book blew me away.

This is an OUTSTANDING book full of great non-biased, research based information on how to heal your gut! I was miserable until I incorporated the remedies in this book. My doctors kept

recommending the usual "antacid" prescriptions and I kept feeling worse and worse, until now.

Feeling soooo much better--I actually enjoy life again!

This book is so informative and validated some of my frustrations with getting the medical community to really help find the root cause of my GERD, I'm so glad there are people in the medical community writing a book that really helps people understand this condition and get off the acid blockers

I ordered both a cookbook and this book to look at natural ways to deal with acid reflux. This book was chock full of information, on the many varieties of acid problems, and on the many holistic approaches to prescription meds. It helped me understand the entire reflux problem, and therefore gave me a lead in getting off the meds I take. I am following suggestions made by Ms. Whittekin, and they are working. Diet, of course, plays a big part so be prepared to make some lifestyle changes to move to these solutions, and they may not be cheap, but in the long run, I feel much better and am off the meds. Bravo, Martie Whittekin. Oh, and my doc is fully aware of my efforts.

I liked it. It gave me some good ideas. I've purchased some of the products it said for relief of heartburn. It's been 20 days and I haven't taken a Prilosec! What's great is that I can get many of the products on !!!

I was looking for information on how to handle my Reflux and heartburn without using the medications that cause bone loss and other numerous health problems with long term use of medication for this. I knew that the meds prescribed were not for long term use. I have even read on the boxes that it should not be taken for more than 14 days. I am in the process of reading this book, but I have already gotten allot of information that I was looking for.

This author seems to know an awful lot about this subject. Doctors wanted me to go on NEXIUM. After reading this, and trying some preventive and life style measures, the problem went away. (My ENT had given me a list of life style changes to make.) I had a sore throat on and off and a constant cough winter and summer. I also saw a PULMONARY SPECIALIST. That was two years ago. Now doing fine. I always try alternative care first. I prefer to see what I can do for my health without using potentially dangerous drugs. I also doubled up in vitamin C and am taking cod liver oil. This author helped me see how complicated the digestive system is without adding some new designer drug to

interfere with it. I gave a copy to my sister too.

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