

Acid Stoppers Associated with Broken Bones and Hips

Protein-pump inhibitors (PPIs) are potent acid-blocking drugs, such as Prevacid®, Prilosec®, and Nexium® (the “little purple pill”). They block acid production in the stomach, providing symptom relief for people with chronic indigestion and heartburn. The stomach requires and uses large amounts of stomach acid to digest calcium and minerals. The long-term use of PPIs interferes with this absorption, and ultimately leads to increased rates of broken bones and hip fractures—especially in people prone to osteoporosis. And the longer these drugs are used, the higher the risk of fractures.

Millions of people take PPIs, and a large percentage of them are prone to osteoporosis (which PPIs can worsen). This research leads to the inevitable conclusion that physicians should minimize the use or duration of PPIs in patients prone to osteoporosis. Naturally, this will never happen, as most physicians tell their patients that these drugs are **for life**.

So the cycle continues—the real cause of indigestion is ignored as the drug makers continue to rake in millions of dollars. People enjoy symptom relief as they continue to gobble down processed “food” concoctions and food combinations that the human body was never designed to digest. But their symptom relief backfires over time as their skeletons continue to deteriorate and their bones grow thinner and thinner. Finally, they suffer the inevitable fracture, which can maim or even kill them. Hip fracture and the resultant hospitalization and medical treatment are often deadly in the elderly. Ironically, even at this stage, PPIs continue to generate money, not only for the drug companies, but also for hospitals and physicians. In this case, money is made from the attempted surgical repair and replacement of the broken bones and hips that had grown thinner over the years from chronic PPI use.

But what the heck—it is covered by Medicare. Unfortunately, this safety net is now close to bankruptcy, thanks to this and thousands of other medical schemes designed to treat symptoms while ignoring the underlying causes of most diseases.

The Real Cause of Heartburn

Perhaps PPIs and all the other acid blockers and stopper can be poster drugs for bad medicine. The reason is simple and ironic—most indigestion and heartburn is caused by ***too little stomach acid***.

That’s correct—most heartburn is caused by insufficient acids and enzymes needed to properly digest food in the stomach. Conveniently overlooked is the fact that as you grow older, your stomach produces few and few acids and

enzymes. Once acid production reaches critically low levels, food is not fully digested. Instead, food remains in the stomach for hours—churning, bubbling, fermenting, and producing a mash of acids, gasses, and caustic by-products of putrefaction. For millions of sufferers, it is this mess, combined with what is left of stomach acid, which causes the heartburn, reflux, and indigestion. For this, medicine's answer is the "little purple pill" for life.

So heartburn drugs only treat symptoms, do not address the underlying causes of indigestion, and result in impaired digestion and absorption of calcium and minerals that can lead to osteoporosis and hip fracture. They are also implicated in weakening the immune system, and to increased rates of **pneumonia in the elderly**. Did your doctor ever tell you that your "little purple pill" could cause pneumonia or a hip fracture that might kill you? I think we all know the answer to that question.

What to Do

If you suffer from indigestion and heartburn, and are taking a PPI or other acid blocker or stopper, then by now you have probably surmised that first and foremost you need to determine if your indigestion is caused by **too little stomach acid**. Congratulations, you have taken the first step to resolve your problem, and think out-of-the-box when it comes to your health.

Your next step is to send me a self-addressed, stamped (with two stamps) envelope and write ZYPAN TEST. I will send you my flyer about a test that helps determine if you have insufficient stomach acid. This flyer shows that by simply taking 2-3 **Zypan** tablets (from Standard Process) with each meal for a few days, you can help determine if low stomach acid is the cause of your problems.

If you begin Zypan therapy, and your heartburn improves, you have successfully determined that you have inadequate stomach acid. If this is the case, you have probably already figured out that taking acid blockers will make your problem worse over the long haul. Congratulations again. Therefore, instead of taking drugs, start using Zypan with each meal. You may start out needing 1-4 per meal. Over 4-8 months, your need for this supplement will diminish as your own stomach acid production returns to normal.

If you are over 75 years old, there is a chance that you will need a small amount of Zypan for life. It is an acid/enzyme product that can take the place of lost acid production in your stomach. But it also stimulates more normal acid and enzyme production, so many folks simply no longer need it (or any drugs) after a few months of therapy.

In addition to Zypan therapy, there comes a time in your life when you will have to eat **real food**. And real food does not come in a box. All processed and fast foods are so full of chemicals that the average human stomach is incapable of

digesting them properly. Rather, your stomach just does its best with this type of diet. So cut back and stop eating chemicalized and industrialized nonfoods. Instead, eat real, whole, fresh foods, and eat some of them raw.

If your case is very chronic or severe, you may have to eliminate all wheat products for a few months, as well as utilize food-combining techniques to give your stomach a rest. We have a free flyer that I will send you. Just send me a self-addressed, stamped (with two stamps) envelope and write FOOD COMBINING. It gives highlights of how to combine foods in your meals that rest your stomach and provide relief from heartburn and indigestion.

Hiatal Hernia

Finally, you may suffer from heartburn, reflux, and indigestion because of a ***hiatal hernia***. A hiatal hernia is a weakness or tear in the muscular ring (hiatus) of the diaphragm where the esophagus attaches to the stomach. This can be physically helped, or even corrected, without surgery. Surgeries for hiatal hernia are not the best surgeries in the world—with less than good results for most people.

And a hiatal hernia can be serious. It often ***does not show up on medical tests***, and it can cause years of pain, indigestion, reflux, and symptoms of a heart attack. In some cases, gas pushes the entire stomach and portions of the small intestine through the diaphragm sphincter into the chest cavity. It is not unusual for serious chronic reflux problems to go on seemingly forever.

In addition, there is often severe pain in the chest and pain in the back. There is often flopping, racing, or arrhythmia of the heart; especially at night this can send you to the hospital, fearing a heart attack. After a day and about \$10,000, you find that you were not having a heart attack, just indigestion or a hiatal hernia.

Also, food can get “stuck” low in your throat while you are eating, causing severe discomfort. It is often difficult to swallow pills. And then there is the near constant indigestion, heartburn, and/or reflux. Medical treatment does not exist but for ineffective surgery, raising the head of your bed, wearing loose pants and belts, and Mylanta® or Pepto Bismol®.

The “little purple pill,” all PPIs, and all acid stoppers and blockers are for suckers. The whole thing is a money-making scam, with perhaps one patient in thousands actually need these drugs. For all the rest, and for you, treat the cause of your problem—what a concept!