

# Acid Reflux Gerd Dyspepsia

Disturbed or deranged digestion, sour stomach, acid stomach, indigestion, poor assimilation

## **Possible Causes and Contributing Factors:**

- Hiatal Hernia (see hiatal hernia exercise)
- Not producing enough stomach acid
- Dehydration
- Liver and/or gallbladder congestion
- Eating processed and devitalized foods

## **Suggested Dietary Changes:**

- Water Cure
- Low HCl symptoms can be aggravated by mixing animal protein (meat, fish, fowl, eggs, milk) with the high starch grains, vegetables and fruit

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*