



Health Matters

by
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Acid reflux causes millions of us to suffer with indigestion, heartburn and bloating. Eating too much too quickly, not chewing thoroughly enough, overindulging in sugar and caffeine and drinking liquids with meals can increase the symptoms of acid reflux.

Acid-suppressing drugs, such as Nexium and Prilosec, impede the production of stomach acid, which is essential for the proper digestion and metabolism of nutrients, as well as protection from bacterial infection. Studies in the *Archives of Internal Medicine* affirm that reduced stomach acid increases bone fracture risk (from poor absorption of minerals) and the incidence of intestinal infections such as C. diff.

Stomach Formula is an aloe concentrate blended with demulcent-type herbs like Slippery Elm, Chamomile, Marshmallow and Borage that provides a soothing, protective effect which helps heal the esophageal lining while maintaining normal stomach acidity.

As always, we guarantee your satisfaction.

Locally Owned for 34 Years

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