

# Natural Help 4...

## Heartburn



### What is Heartburn?

Although it may sound like it, [heartburn](#) is a **painful condition involving the upper digestive system**, not the heart. The pain often radiates from the middle of the chest, and so symptoms are often confused with those of a heart attack. The fact is that heartburn is a condition linked to indigestion and excess stomach acid.

### What Causes Heartburn?

Normally, the esophagus (the tube which leads from the mouth to the stomach) has a one-way valve that protects it from stomach **acid coming up the esophagus** and through the valve. When a small amount of stomach acid is forced up the unprotected esophagus, the resultant chemical burn causes moderate to severe pain known as [heartburn](#).

If this sphincter becomes weak or overwhelmed, stomach contents can be forced back up the esophagus and cause burns. This condition is called GERD, short for gastroesophageal reflux disease.

Even if a [heartburn](#) sufferer does not have GERD, he or she may have a temporary condition called acid reflux. During the episode of [heartburn](#), the entire esophagus from the **vocal cords to the stomach may be affected by burning pain** traveling from a person's chest up to the neck and throat. Stress, sleep disorders, smoking, or drinking alcohol also can make indigestion worse.

*As heartburn can indicate a more serious disorder, it is recommended that you consult your doctor if symptoms persist.*

### Help for Heartburn

Many herbal and homeopathic remedies have been formulated with specific ingredients to soothe and calm fiery stomachs. Melissa officinalis is well known for its soothing and calming properties as well as being widely prescribed by herbalists for the relief of all complaints related to anxiety and stress, making it a great choice when **treating gastrointestinal complaints**.

Mentha Piperita is an herb from the mint family and has been used for many hundreds of years for [relief of heartburn](#). It **relaxes the muscles of the digestive tract** and stimulates the flow of natural digestive juices and bile, thereby assisting healthy digestion. Nat. Sulph. Is a homeopathic remedy used to help prevent nausea as well as the bitter taste in the mouth often associated with acid reflux and regurgitation.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

## Tips to prevent heartburn

- Eat smaller, more frequent meals, as a full stomach can put extra pressure on the esophageal valve, increasing the chance of acid reflux into the esophagus.
- Watch what you eat. Some foods relax the esophageal valve making [heartburn](#) more likely – these foods include: alcohol; beverages containing caffeine, carbonated beverages; citrus fruits and juices; tomatoes and tomato sauces; chocolate; spicy and fatty foods.
- Don't eat late at night or before going to bed. Lying down with a full stomach can cause stomach contents to press harder against the valve, increasing the chances of refluxed food. Try to rather elevate your head at night, so that gravity helps to keep stomach contents from pressing against the valve.
- If you're overweight, try to lose weight naturally. Obesity increases abdominal pressure, which can then push stomach contents up into the esophagus.
- Don't wear clothes that are too tight around the waist. This will squeeze the stomach, forcing food up against the esophageal valve, and increase the likelihood of food reflux.
- Stop smoking naturally. The chemicals in cigarette smoke weaken the LES as they pass from the lungs into the blood.
- Avoid alcohol. Alcohol not only relaxes the lower esophageal sphincter (allowing the reflux of stomach contents into the esophagus) but also increases the production of stomach acid.

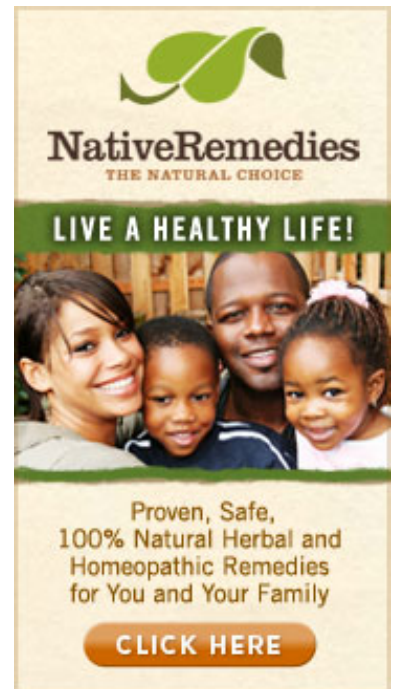
## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

## **Ask Our Experts a Product Question**

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

## **Great Health Sites**

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## Related Natural Remedies:

**Gastronic Dr.** : Promote healthy digestion and encourage comfort after meals

Recognizing the need for natural support for trouble-free digestion, Native Remedies has developed Gastronic Dr., a 100% herbal remedy containing natural ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule that **is used every day for the continued support of the digestive tract**. Regular use of Gastronic Dr. safely supports digestive health and all organs and structures involved in digestion, as well as the mucus membranes of the digestive tract. Gastronic Dr. also helps to **maintain the natural balance of essential organisms** (such as probiotics) in the digestive tract, further promoting easy, healthy digestion.

This formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

[Learn more about Gastronic Dr.](#)

**Digestion Tonic** : FDA Registered homeopathic remedy for maintaining digestive comfort, health and functioning

Triple Complex Digestion Tonic contains Kalium phosphate, Natrium phosphate and Calcium phosphate in a safe biochemic formula and can be used to **promote healthy digestion and harmony in the digestive tract**.

Triple Complex Digestion Tonic is the **perfect companion** to our [Gastronic Dr](#) and [DigestAssist](#) herbal drops and also helps to optimize absorption of these remedies. Regular use of Triple Complex Digestive Tonic can make all the difference in addressing digestive system health.

All Native Remedies biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified responsible pharmacists.

[Learn more about Digestion Tonic](#)

**DigestAssist**: Helps maintain digestive comfort and promotes healthy digestion.

Recognizing the need for a healthier and effective approach, Native Remedies has



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developed Gastronic Dr. and DigestAssist - both 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule which is used every day for the continued health of the digestive tract and to promote ongoing, healthy, trouble-free digestion. Regular use of Gastronic Dr. safely and effectively acts to promote digestive health.

DigestAssist, the perfect companion to Gastronic Dr., comes in fast-acting and convenient drop form, and can be taken as needed to promote digestive comfort after meals, helping you to enjoy your food every day.

These formulas remain true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about DigestAssist](#)

Read the testimonials for these quality products [here!](#)

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).



**Read more about the Native Remedies Full Spectrum Approach™**

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