

3 Reasons Why You're Still Suffering From:

- Acid Reflux
- Heartburn
- GERD
- Gastritis



+ 3 Simple Tips to Start Feeling Better TODAY!



JTH & Wellness



Disclaimer:

This E-Book is for informational purposes only and may not be the best fit for you and your health issues. It shall not be construed as medical advice.

The information and education provided here is not intended or implied to supplement or replace professional medical treatment, advice, and/or diagnosis. Always check with your own physician or medical professional before trying or implementing any information provided here.

How this e-book can help you:

If you're here, chances are you struggle with debilitating digestive issues that rule your life and are tired of suffering!

Most likely you've tried conventional treatments with no success and want to learn how to finally feel better!

Good news is that you're in the right place!

In this short e-book, you'll learn why you're still not better after 'listening to your doctor's orders', some of the top causes of acid reflux/heartburn/GERD/gastritis, plus 3 tips you can implement right away to start feeling better.

LET'S
DIVE
IN!

Reason #1: Your diet is unbalanced.



What we put in our bodies directly affects how we feel, how our organs function, & our body's natural ability to heal.

- Diets today are commonly filled with processed foods, artificial ingredients, chemical additives, excess sugar, and foods void of nutrients which don't promote good health.
- These foods are inflammatory and cause irritation to the gut, inhibiting your healing.
- An unbalanced diet also creates nutrient deficiencies, leading to imbalances in the body that cause symptoms such as, fatigue, brain fog, anxiety, acne, and more.
- Medications can't overpower an "unhealthy" diet!

Tip #1: Instead, focus on eating a nutrient-dense, whole foods diet.



❌ Avoid overly processed foods.

Anything with chemicals, artificial ingredients, additives, preservatives, & excess sugar causes inflammation and leads to health conditions.

✅ Enjoy plenty of natural foods from the Earth.

Eat more REAL foods! Meat, poultry + eggs, fish, seafood, vegetables, fruit, nuts, + seeds as tolerated. These foods are rich with vitamins + minerals that support good health, reduce inflammation, & promote healing.

❌ Avoid diets high in carbs.

Bread, pasta, flours, crackers, etc. We often crave these foods & feed bad bacteria in our guts causing issues. We also become nutrient deficient as we miss getting nutrients from other key food groups.

✅ Eat a well-balanced diet.

Consume a balance of protein, healthy fats, + carbs to support optimal digestion, energy, mood, mental health, & sleep. Include sufficient protein and/or healthy fats with every meal.

Reason #2: You are eating in a "sympathetic" state.



When you eat in a "sympathetic" state, your mind and body are under stress and not relaxed. Digestion starts in the brain, so if you're constantly eating in a stressed state, you're going to have problems digesting food properly.

If you're not relaxed before eating, the brain won't send signals to the rest of the digestive system to fire up for digestion leading to pain, bloating, reflux, heartburn, constipation, diarrhea, and more!

Examples of eating in a "sympathetic" or stressed state are: eating while driving, working, having stressful conversations, watching the news, etc.

These habits can cause our brain to focus on the "stressful" task rather than the food in front of us, preventing communication to the digestive system. We're more likely to also eat quickly and forget to chew our food. This causes problems throughout the entire digestive system, preventing you from breaking down food, absorbing nutrients, & eliminating waste properly.

Tip #2: Instead, slow down + relax before, during, and after meals.



Block out time for meals.



- Make sure you schedule and prioritize your time to sit at a table, undistracted, and relaxed to focus on the food in front of you. Rest to digest!

Take 3 deep breathes before eating.

- This relaxes the Central Nervous System (CNS) and helps bring your body into a "parasympathetic" or relaxed state, which allows your brain to send signals to the digestive system to fire up.

Chew, chew, chew.

- Not chewing enough sends large food particles into the stomach causing the stomach to need to do more work. Chewing thoroughly prevents this. Chew 20-30x until your food is literally mush and put the fork down between bites to help you slow down.

Reason #3: You're taking medications which only mask symptoms, but don't address the **root cause** of the problem.



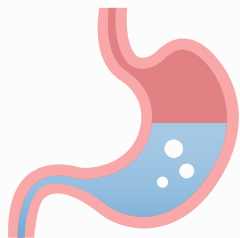
Acid medications (such as: Tums, Nexium, Zantac, Prilosec, etc) can temporarily manage symptoms, but don't address the root cause of the problem.

- This is why you might feel better for only a short period of time, but have recurring symptoms that keep you suffering. These medications keep you stuck in a vicious cycle, and prevent you from TRULY healing. The root cause of the problem is bio-individual to each person and can include, poor diet, high stress, nutrient deficiencies, toxic overload, chronic inflammation, dehydration, bacterial imbalances, & more—all of which can be addressed naturally using food as medicine & improvement of lifestyle habits to bring the body back to a balanced state.

These medications comes with negative side effects and make matters worse in the long run.

- Most conventional medications mask symptoms of one problem while creating new problems, which is why you feel worse in the long run or develop/are at risk for developing more severe health issues. This is why it's so important to address the root cause of your symptoms.

One of the top root causes of digestive disorders is **low stomach acid.**



Rather than suppress digestion, it's crucial to support and optimize digestion to prevent symptoms from occurring.

Tip #1: Optimize digestion by supporting healthy stomach acid levels.



- Adequate stomach acid (aka hydrochloric acid or HCl) is necessary for optimal digestion. The stomach should be very acidic (pH of 1.5–3.5)!
- With low stomach acid, food sits longer in the stomach undigested causing it to putrefy, turn rancid, and ferment. This causes the undigested food along whatever acid you do have to reflux back into the esophagus, causing reflux, heartburn, bloating, indigestion, or pain.
- Because stomach acid is the gut's first line of defense, insufficient acid allows bad bacteria and pathogens to flourish and wreak havoc on the gut causing symptoms of bloating, inflammation, pain, and more.

A simple way to support adequate stomach acid.



Upon waking:

- Drink juice from up to 1/2 a lemon in at least 16oz of warm water to fire up digestion for the day. Optional: add warm spices such as ground ginger, cinnamon, & turmeric to help stimulate digestion.

At the end of every meal:

- Start with drinking a 1oz "shot" of juice from 1/4-1/2 with equal parts warm/room temp water.
- If you need more support, progress to drinking a 1oz "shot" of 1 tbsp apple cider vinegar diluted in equal parts warm/room temp water or up to 4oz as desired.

*(*Note: if you cannot tolerate acid yet, it's likely you need to do upper GI healing work before introducing acid. This is why bio-individuality is important! Ensure to stop and email me for further support: info@jthwellness.com)*

Let's Recap!

1) Adjust diet to focus on more nutrient-dense whole foods.

Reduce irritation & inflammation by fueling your body with foods high in vitamins + minerals which support optimal digestion and healing. Think foods from our ancestors... REAL food! This is what helps us feel our best physically and mentally.

2) Manage stress + adjust eating habits.

The gut & brain are interconnected via the CNS and have a big impact on one another. Rest to digest and implement healthy habits that allow your mind and body to be in a "parasympathetic" state around meals. Support your digestion by slowing down and chewing thoroughly.

3) Ditch band-aid medications and address the root cause.

Conventional medications are simply "band-aid" treatments which only manage symptoms. These can make matters worse & inhibit healing. Instead, address the root cause of your symptoms using food as medicine and healthy lifestyle habits to support your body's natural ability to heal and function optimally.

REMINDERS



*There is no one-size-fits-all plan or protocol as each person is bio individual. So what works for one, may not work entirely for another.

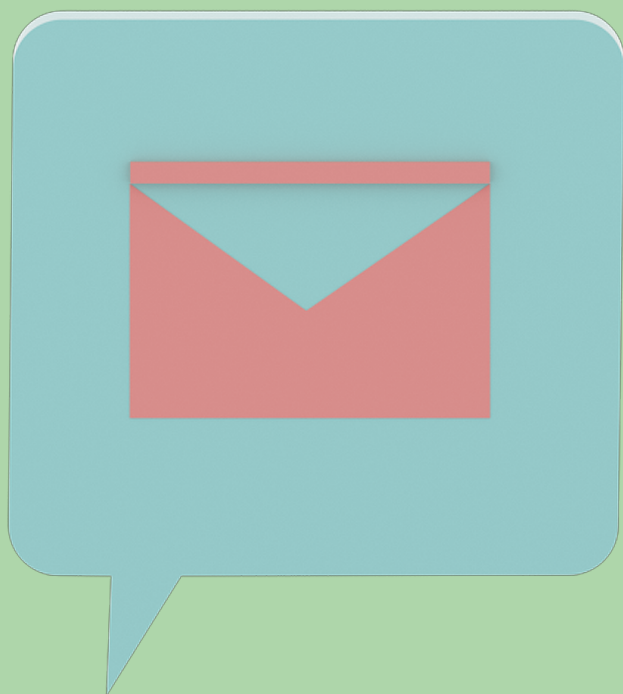
*While these tips can help, there may be other underlying factors contributing to the problem.

*In some cases, further support and additional healing work may be necessary.

*Each person's journey and the time it takes to feel better will differ based on their health concerns, health history, diet, and lifestyle!

Questions?

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JTH Wellness

"Your
health is an
investment,
not an
expense."



If you want to learn
how to take back
control of your
health and get back
to enjoying life...



Book a FREE 15-minute discovery call to
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program where we discuss your health
concerns and goals, what Nutritional
Therapy is, and how it can potentially
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