

## **ReFlux-Reform (Item # 6255)**

*The Acid Reflux Relief Opti-Blend from Universal Formulas*

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**Recommended Until Symptoms are Relieved, Typically 30-45 Days**

### **What is Acid Re-Flux?**

Acid reflux frequently happens when the lower esophageal sphincter (LES) relaxes more often than it should and/or at inappropriate times. This allows harsh stomach juices to back up into the esophagus. The over production of HCL in the stomach can cause similar symptoms.

Heartburn is the most common symptom of acid reflux disease (also known as gastro-esophageal reflux disease, or GERD). Heartburn feels like a burning pain in the center of the chest. It is caused by acid from the stomach backing up into the esophagus. Normally, the lower esophageal sphincter opens "like a valve" on swallowing and closes when food passes. In patients with acid reflux disease, heartburn usually gets worse after they eat, or when they lie down or bend over.

The most common cause is believed to be the excess consumption of unhealthy food over an extended period of time. Stress and negative emotions are also considered causative factors, especially in "acid conditions." Conventional eastern medical treatments include prescriptions to chew food "toughly," or, upwards of 100 times per bite, in order to stimulate abundant saliva flow. The resulting oral secretions are alkaline, having a neutralizing effect on the excess stomach acids. Foods in the diet that require a large amount of HCL acid secretion should be avoided.

Acid reflux disease is viewed in Eastern medicine as a stagnation and putrefaction of the digestive organs, particularly the lower bowel. The cause has more to do with the lower bowel than it does with the stomach. The energy or "CHI" flowing in the stomach meridian has been compromised and must therefore be corrected in order for the stomach and other organ systems to regain their normal function. Poisons or toxins in the colon or small intestine can cause the stomach and bowel to spasm, creating a serious backup of toxins and HCL back up into the stomach. It is this "backing up" of toxins and stomach acid that actually contributes and sometimes causes the symptoms of excessive HCL secretion or the failure of the esophageal sphincter (LES). A lack of fresh and raw foods containing an abundance of enzymes is usually a contributing factor to acid reflux disease. Food enzymes such as those contained in Reflux-Reform insure proper digestion of food in the upper reaches of the stomach where most of the pain originates.

Conventional western medicine practitioners view Acid Re-Flux as the backflow of stomach acid into the esophagus. Accompanying these views on acid reflux are treatments such as prescriptions for pharmaceutical drugs for extended periods of time. Such drugs produce temporary relief but do little to address the cause of the problem. Meanwhile, conventional Eastern medicine practitioners say that stomach troubles accompany many different diseases. These are not limited to the stomach but can also have causes associated with other organ systems like the liver, gallbladder, pancreas, spleen, kidneys, bladder, ovaries, and intestines.

When the stomach is in constant turmoil due to poor diet, lack of exercise, constant anxiety or feelings of panic, the secretion of HCL becomes unbalanced. By supporting the body, mind and spirit with proper diet, exercise and stress relief we can maintain the acid/alkaline balance of the body fluids, calmness of the mind and spirit of the heart.

To reduce the unbalanced secretion of stomach acids, sooth the esophageal sphincter and take the stress off the lower bowel, you may want to consider these dietary guidelines:

### **Weight-Scaled Dosage:**

Take your weight-scaled dosage at each meal as follows:

**Up to 200 lbs: Take Two Vegi-Capsules per Meal**

**200 plus lbs: Take Three Vegi-Capsules per Meal**

*Take this product until symptoms are relieved.*

Avoid foods such as:

- ✓ Empty or concentrated carbohydrates such as white sugar, white flour, corn syrup, honey and high fructose corn syrup;
- ✓ Coffee, tea and soft drinks;
- ✓ Bottled, canned, cooked and high acid fresh fruit like organs, or the juice of such fruits;
- ✓ Table Salt & Chlorinated Waters: salt and chlorinated water loads the body with extra chlorine, in response to which the body will manufacture undesired and unbalanced amounts of HCL;
- ✓ Avoid Chlorine-rich foods such as: cow's milk, salted fish and other Salted foods, as well as Cheese, Beets and Radishes;
- ✓ Alcohol, especially hard liquors;
- ✓ Margarine and other hydrogenated fats;
- ✓ Antibiotics;
- ✓ ASPARTAME, a fake sugar;
- ✓ Mono Sodium Glutamate, or, "MSG," a preservative and "taste-enhancer" and other food additives;
- ✓ Hormones, such as those in milk products;
- ✓ Refined oils;
- ✓ Baking powder;
- ✓ Junk foods like hamburgers, pizza, hotdogs, nachos, etc.;
- ✓ Fried, smoked and grilled foods;
- ✓ Meats other than Fish until the re-flux improves.

Other helpful recommendations:

- ✓ Supplement your meal with digestive food enzymes and chew your food completely;
- ✓ As always, limit your amount of liquid during mealtime (*10 minutes before your first bite to 30 minutes after your last bite*) so as not to dilute your digestive juices. Mealtime is the one time you want an acidic stomach. This will aid in digestion and minimize Acid Reflux;
- ✓ Avoid lying down within three hours after eating. When you lie down within three hours of eating, the acid that is working to digest your food may flow up into your esophagus, causing heartburn. To avoid this problem, plan an early dinner and do not snack within three hours of your bedtime. This will help prevent the acid from flowing back up into your esophagus;
- ✓ Decrease protein intake from animal sources;
- ✓ Eat fresh and raw carbohydrates, such as greens and grains;
- ✓ Elevate the head of your bed;
- ✓ Antacids can help on an occasional basis, but avoid those that contain aluminum or magnesium.

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## Ordering Information

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**Reflux Reform (Item #6255) 360 Vegi-Capsules (complete regimen)**

Conveniently Order On-line at: <http://UniversalFormulas.com/>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.