



Health Matters

by
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Studies published in the Archives of Internal Medicine reveal that continual use of acid-suppressing drugs commonly used for acid reflux (PPIs) can have long-term adverse side effects. Reduced stomach acid inhibits the digestion of essential nutrients and impedes the body's defenses against infection.

Researchers at Johns Hopkins Univ. found in two different studies (with 240,000 patients from 1997 to 2014) that PPI users were up to 50% more at risk in developing chronic kidney disease. Prolonged reduced magnesium levels with the use of PPIs is thought to impair function of the kidneys.

The medical journal, Lancet, has reported that **Deglycyrrhizinated Licorice (DGL)** effectively promotes gastric healing without suppressing acid production or interfering with digestion. **DGL** stimulates the production of the body's own natural protective substance called "secretin", which helps guard against acid reflux by strengthening the gastric mucosa.

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