



Health Matters

by
Patsy Meridith, C.N.C.
Owner of
Natural Foods Market

Studies published in the *Archives of Internal Medicine* have revealed some of the long-term adverse effects of acid-suppressing drugs commonly used for acid reflux. A reduction of stomach acid inhibits digestion and lowers resistance to infection.

Studies explain that long-term use of acid-suppressing drugs can pose as much as a 74% increased risk of contracting *C. difficile*, a dangerously difficult-to-treat intestinal infection, as well as elevated rates of pneumonia. A greater risk of bone fractures by 47% in the spine and 25% in the wrist have also been associated with the long-term use of acid-suppressors.

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, "secretin", which helps guard against acid reflux by strengthening the gastric mucosa.

As always, we guarantee your satisfaction.

Locally owned for 35 years

 **NATURAL
FOODS MARKET**

610-1000

**Johnson City Crossing
near Old Navy**

www.NFMonline.com