



# Health Matters

by  
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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.

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