



# Health Matters

by  
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For many, acid reflux is frequently associated with indigestion, heartburn and bloating. Especially eating too much late at night and overindulging in sugar, caffeine and alcohol can easily exacerbate these common symptoms of acid reflux.

Acid-suppressing drugs, such as Nexium and Prilosec, impede the production of stomach acid, which is essential for digestion and absorption of nutrients and acts as a first line of defense against bacterial and viral infections. Studies in the *Archives of Internal Medicine* affirm that reduced stomach acid increases bone fracture risk (from poor absorption of minerals) and incidence of intestinal infections such as "C. diff".

**Stomach Formula** is a liquid aloe concentrate blended with demulcent-type herbs like Slippery Elm, Chamomile, Marshmallow and Borage that calm, soothe and protect the esophageal lining as they help normalize production of stomach acid.

As always, we guarantee your satisfaction.

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