



Why Stomach Acid is Good for You ***Natural Relief from Heartburn, Indigestion,*** ***Reflux & GERD***

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Indigestion, acid reflux and GERD (gastro-esophageal reflux disease) are commonly diagnosed and treated conditions in America today. Treatment of these conditions with over-the-counter antacids as well as prescription medications (that inhibit the production of stomach acid), have become a huge market, generating billions of dollars annually. Although originally designed to use for occasional indigestion, millions of people take them on a daily basis for many years. Drs. Wright and Lenard describe the dangers of using these medications and explain alternative treatments. Somewhat repetitive, the 170-page book could have been condensed, but it is still a fairly easy and quick read. I strongly recommend it.

I agree with Dr. Wright that overuse of stomach acid inhibiting drugs, (e.g., Zantac, Pepcid, Axid, Prilosec and Nexium) is one of the most significant long-term health problems in America. In January 2007, an article was published linking long-term use of the medications with increased rates of hip fracture. The adverse effects of elimination of natural and necessary production of stomach acid are many. The hip fracture increase is probably because of poor absorption of calcium and perhaps Vitamin D.

Abnormal intestinal bacterial growth resulting from loss of stomach acid may cause adult onset food allergies, stomach cancer, and possibly rheumatoid arthritis (or other autoimmune diseases). It is rare that physicians recognize the link between the onset of these diseases and acid reflux or the medications used to treat it. Without normal stomach acid, Vitamin B12 is also lost and proteins are digested poorly. Gallstones also increase. Low stomach acid is also connected with childhood asthma and possibly Type 1 or Juvenile Diabetes.

Drs. Wright and Lenard present a careful, clear, step-by-step analysis of the problem and demonstrate how to treat the original acid reflux. They also describe how to withdraw from acid inhibiting medications and restore health. Dr. Wright has been in general practice for over thirty years and has treated thousands of patients. He reads widely and is closely associated with many naturopaths and the schools of naturopathic medicine in the Seattle area.

He is constantly looking for safe, physiologic ways to treat patients rather than using patented medications that frequently carry higher risks, side effects, and usually at a greater cost.

This is an excellent book for anyone suffering from indigestion and acid reflux and especially one who takes acid suppressing medications on a regular basis.

Robert P. Goldman, MD