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Overcome Acid indigestion and Bloating at the same time

Some new breakthrough research from Holland has shown that by combining calcium carbonate with a specifically formulated blend of digestive enzymes, you can overcome acid indigestion and bloating at the same time - *naturally*

If you are reading this, then I suspect that you have taken an antacid tablet in the past. Either for acid indigestion or heartburn.

Most antacids on the market are pretty good at quelling acid, but the question I want to ask you is: Do you still get a bloating feeling after you have taken one? Almost as if you are not digesting your food properly?

This is why I emphasise acid and bloating in the title, because the antacid you take may help your acid and heartburn, but it may also be the cause of your bloated feeling afterwards.

But from now on, it doesn't have to be like this.

I have always been amazed at the number of people who tell me that they get bloating after they have taken antacids. Having seen this new research, now I know why.

Let me explain.

If you go into any supermarket you will see quite a vast selection of antacid formulations.

If you take a look at the ingredients list then you will see – almost without exception – that they contain calcium carbonate. This is because this nutrient is extremely effective at quelling acid in the stomach.

This is all well and good, but the presence of calcium carbonate in the stomach prevents the production of an important digestive enzyme, Pepsin, which is released to help you digest protein.

This is why many people can find relief from acid reflux by taking a normal antacid but not from bloating. In fact, if you are typical you will actually find that the bloating gets worse after taking the antacid.

Millions of people worldwide suffer from heartburn and gastrointestinal discomfort which can result from stress, eating too much, and/or eating too fast or other problems within the digestive tract. Symptoms can include burning and pressure, or pain in the chest and/or throat area.

If you are typical, you will be treating this through the use of antacids. Antacids function by neutralizing stomach acid. They are very popular because they are able to provide relief quite quickly.

Although stomach acid can cause significant discomfort, it is also very important for digestion.

When you eat protein, the environment in your stomach becomes very acidic as acid is needed to break down the protein into very small pieces.

But your stomach does not only need acid to break down protein, it also needs the digestive enzyme, Pepsin, but this enzyme is only produced when the acid in your stomach is high. This is of course what you might expect as the Pepsin and the stomach acid work together to break down the protein you have eaten.

So far so good. The problem arises when you take an antacid. These tablets do their job well in that they are very efficient at reducing the stomach acid, but in the process they prevent Pepsin from being produced. (If you recall, Pepsin is only produced when the stomach acid is high).

If Pepsin is not produced then there is a danger that you will not be breaking down your food efficiently and this could mean that large particles of protein will not be broken down properly.

The result is extra gas and bloating

Undigested protein in your digestive tract can mean numerous problems. Common symptoms may include extra gas, bloating, and an increased chance of constipation.

Certain long term consequences can be even more undesirable. Undigested protein can be fermented by your healthy bacteria in your colon and this can cause toxic substances to be released into your body.

It would seem to make sense therefore that when you take an antacid like calcium carbonate, you also take a digestive enzyme complex that can help you produce Pepsin and support the digestion in your stomach over a wide range of acidity levels.

The good news is that there is now a specific group of digestive enzymes that can help you do just that. These are: Protease, amylase, glucomylase, invertase, lipase, malt and diastase.

Out of these ingredients, Protease is the most important as it helps your stomach to produce Pepsin.

So, if you are taking an antacid, it is my recommendation that you take a good digestive enzyme complex - which contains these specific enzymes - which allow your stomach to produce pepsin so that the digestive process continues and is not hampered in any way.

This will benefit you in two ways.

Firstly the acid in your stomach will be neutralised

Secondly, the over-all digestion process (particularly protein digestion) will not be impeded. This will reduce the incidence of bloating and other digestive problems that are associated when you take calcium carbonate on its own.

The Dutch research which shows how calcium carbonate and this enzyme complex can work together to reduce acidity but also bloating as well

The research I referred to earlier was carried out using a dynamic gastrointestinal model developed in Holland. It is a patented technology that simulates the condition of the human stomach and the small intestine when food is being digested and absorbed.

The prime feature of this apparatus is that it allows for sampling at various times during the digestive process. To test the efficacy of adding specific digestive enzymes to calcium carbonate, the system was fed a meal but the acidity of the stomach was kept stable at a PH level of 5 (which is quite low acidity) to simulate stomach conditions after a typical antacid tablet has been taken.

The experiment was then conducted in the presence and absence of an enzyme formula which included the following digestive enzymes: several different proteases, amylase, glucoamylase, lipase and invertase.

When enzymes were not present it showed how the digestive process was not properly completed.

However, when the enzymes were present, then the results were remarkable in that digestion was substantially increased. This is despite the fact that the conditions created by this model were similar to that when an antacid had been consumed. Normally, after taking an antacid, as we have seen, your digestion would be impeded, not improved.

This is why it is so important to take the right type of enzyme supplement when taking normal antacids.

Do you have high or low stomach acid?

As this Dutch research shows, this combination is also able to help you digest food across a broad range of acidity in the stomach and intestines.

This means it can be suitable whether you have low or high stomach acid.

Quite often, the symptoms of high and low stomach acid can be very similar so it can be difficult to know what category you fall into. Most digestive enzyme formulas are suitable for one or the other, not both. PD2 is unique therefore in that it can increase digestive activity over both low and high stomach acid conditions.

Why are antacids used so widely?

Your digestive system is an amazing thing. It processes the food you eat and expels waste at the other end. But sometimes factors such as stress, ill health, getting older or today's processed diets may mean that an optimum digestive system isn't something you enjoy every day.

Add that to that the fact that many of us shovel highly processed food into our mouths without even bothering to chew it properly, then it is hardly surprising that the biggest section in pharmacy is often devoted to products for indigestion and heartburn.

Most of us, as we get older, suffer from some sort of digestive disorder.

One of them is heartburn which is categorised under the broad heading of Gastroesophageal Reflux (GER) which occurs when the strong acid of the stomach gets into the oesophagus and causes a burning sensation. The oesophagus is not equipped to deal with this acid and can get eroded.

Things that can cause this are too much fatty food, stress, smoking, too much alcohol consumption, other digestive problems and not chewing your food properly!

As we have seen, one of the best ways of improving how you digest your food is to supplement with natural digestive enzymes. Because these enzymes are SO important for your whole digestive process, it is worth spending a bit more time on them.

How your digestion works

Your digestion breaks food down so that the vital nutrients that your body needs can be extracted and absorbed into your body. This process begins even before you put food into your mouth. Just the sight and smell of food makes your mouth 'water' and triggers saliva production.

Once you begin chewing, saliva helps lubricate the food, and enzymes in the saliva start the process of digesting carbohydrates (or starch).

Now you swallow the food and it reaches your stomach. Here the gastric juices are secreted. These juices contain acids and protein-digesting enzymes which I have mentioned earlier. Animal protein is hard work for these enzymes to break down, so a steak or slice of cheese may stay in your stomach for several hours before moving down to your small intestine.

Once in the small intestine, the environment is far less acidic than the stomach. Here, the enzymes that digest carbohydrates, proteins and fats are released. This enables nutrients, such as vitamins, minerals, amino acids, sugars and fatty acids, to be extracted from the food you have eaten.

These are then absorbed into your body as the food travels down the long length of your small intestine. By the time food reaches the colon, most of what your body needs has already been absorbed.

Anything left is waste, to be excreted.

The fact is you may not be producing important enzymes that you need to digest certain types of food.

If you have a dairy intolerance, for example, then you might not be producing the lactase enzyme which is responsible for breaking down lactose in milk.

But this is not only about the enzymes your body produces to digest your food properly. It is also about what enzymes are present in food, or should I say are not present.

For this reason you might find it interesting to learn a little bit about the history of our food and its enzyme activity. There's a bit of technical stuff here, but it is worth taking note of.

Why our food contains less enzymes

As well as being produced by the body, digestive enzymes are found in raw food. In fact, all raw food naturally contains the proper types and proportions of enzymes needed to digest itself. But when you cool or store food for any length of time, the enzymes are destroyed or degraded, so that your body has the task of producing the enzymes that it needs.

Over time, this may tax your digestive processes too heavily, and food may not be broken down efficiently. If nutrients are poorly absorbed we can end up with digestive discomfort, food allergies and even malnutrition.

Enzymes are like tiny robots working in an assembly line; they help break down or build up body chemicals, and each has a very specific job. Each enzyme digests a particular type of food, breaking it down so it can be easily absorbed through the digestive walls.

As you have seen already proteins are broken down by proteases and peptidase. Carbohydrates, which include sugars and starches, are tackled by enzymes with names like amylase, invertase, malt diastase and glucoamylase. Fats are split down by lipase. To digest plant fibres found in grains, fruit and vegetables the body needs cellulase, which it can't make for itself.

And if milk and milk products give you digestive discomforts, you may be suffering from a lack of lactase, the enzyme that breaks down milk sugar, or lactose.

Allergy hazard

If enzymes are lacking your nutritional intake can, of course, suffer. Food remaining undigested will putrefy, encouraging the wrong kind of bacteria and lead to wind, bloating, inflammation and stomach pains. Worse, these conditions can create a 'leaky gut' – literally holes in the digestive lining that allow incompletely digested food into the bloodstream.

Food enzymes are so important therefore to help prevent this process from getting going in the first place.

However, we are unable to rely on our foods to supply them in the way that they did many years ago.

It is for this reason, I would recommend that if you are over the age of 50 and are plagued with constipation, acid indigestion and/or bloating, you would benefit by taking a natural digestive enzyme supplement on a regular basis, alongside calcium carbonate if you suffer from too much stomach acid.

Some tips for a healthy digestive system

Chew your soup and drink your solids

Chewing is the first part of the digestive process and we do not do enough of it. Good lubrication is needed to combine digestive enzymes with food and to help the absorption of nutrients. Saliva lubricates food, making it easier to swallow. It is also rich in a digestive enzyme that breaks down carbohydrates. The more you chew, the more saliva you produce, so get chewing!

Rest after each meal

In the same way, don't rush around after you have eaten. Allow time to rest – this gives your stomach a better chance of breaking down your food properly.

So, it's clear as far as eating is concerned:

the early bird may get the worm, but the second mouse gets the cheese.

This old Zen saying should apply to how you eat your food – don't rush it. In any case, eating too quickly can cause excess gas, so keep your mouth closed whilst chewing (others will appreciate it). Bloating in the abdomen can be a sign of trapped gas.

Don't eat too late at night.

Eat small meals, and reduce fat in the meal as much as possible.

Hydrate before you eat

It is a good idea to drink around 25-30 minutes before eating. Drinking too much during a meal can dilute the digestive enzymes and therefore impede good digestion. Of course, as with all things, there is a balance to be made here. I am not saying don't drink anything at all and of course don't stop drinking the wine in moderation if you have no underlying digestive problems, but if you can keep drinking during your meal down to a minimum, then this would be the best plan of action.

Don't drink tea or coffee immediately after a meal

For the same reasons as not drinking during a meal, don't drink just afterwards either. Give yourself a break of around 30 minutes at least.

Summary

So there you have it. If you suffer from over acidity in your stomach, then I would recommend that you take calcium carbonate with an enzyme complex that includes: Protease, amylase, glucomylase, invertase, lipase, malt diastase

As always, if you have any questions about this report, you can FREEPHONE us on 0500 127249.

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