



Fire in Your Belly?

Does it feel like there is a fire in your belly each time you eat? Do you have acid reflux, frequent indigestion, heartburn or dyspepsia and are taking medication to put out the fire? Do you have a bottle of Mylanta or Gaviscon in your car, purse, tucker box and on your kitchen table? Do you get excited when you see a new ad telling you about the latest drug or medication that will stop acid indigestion?

There are many reasons why this discomfort occurs and no one person is the same. It could be anywhere from the food they eat, how fast they eat, what they drink, what food combinations they have, what other medications they are taking that may cause this discomfort, stress and so on. The list is long and best to consult a professional before self-medicating with over-the-counter meds.

When I first came to live in Australia my husband used to eat Mylanta like it was candy! He began drinking the alkaline water from my filter system and hasn't needed meds again. Of course, my cooking might have something to do with it since he no longer eats takeaway food!

Last weekend at my stall at the Alice Springs Show, a lady came to me to discuss her continual acid indigestion. She said she read an article in a wellbeing magazine about how this premium quality (and price tag!) water is the best water to drink. She'd been drinking heaps of it for months and her symptoms became worse. Hmmmm... She had a bottle of the water with her so I tested it to see if it was as alkaline as the "Wellbeing Gurus" professed. It tested highly acidic like several bottled waters do. Yikes! She was drinking highly acidic water! No wonder her acid stomach was getting worse. She emptied her water bottle outside to water some plants and I filled her bottle up with alkaline, mineral water.

According to the Mayo Clinic, " indigestion can be a symptom of another digestive disease. Indigestion that isn't caused by an underlying disease may be eased with lifestyle change..."

Science dictates that if there is too much acid you need to add alkaline to adjust the balance. There are alkaline waters, and many foods that help alkalise the body, as well as drugs, chemicals and meds. You might like to consult a medical professional specialising in nutrition first to help you change

your drinking water and diet before you just treat the symptoms instead of preventing the cause. Your tummy will thank you.

To Your Health!

Pen Klohs, Nutritional Therapist

pklohs@yahoo.com.au