

# Healthy Handout

Volume 1  
Issue 1

## Make Heartburn Medication a Thing of the Past

### In This Issue

Heartburn  
Help  
∩  
Recipe  
∩  
Schedule of  
Events  
∩  
Coupon!

Many people have asked me, "What's the most common condition you see as a chiropractor?" Oddly enough, the answer is heartburn. Of course most people do not come to me specifically for heartburn, but many have that problem.

What's even more striking is that almost all the people I see with chronic and complex health issues such as fibromyalgia, thyroid disorders, chronic fatigue syndrome, rheumatoid arthritis, etc., mark down heartburn as one of their symptoms on the intake form. Plus, they are all on Prilosec, Protonix, or eat Tums on a regular basis. A coincidence?

So, as a natural health care practitioner, what does that tell me? One, people are not eating appropriate foods for their bodies. Foods high in artificial coloring, preservatives, sugar or artificial sweeteners can damage your digestive system over time, as can food fried in hydrogenated oils and refined wheat and corn products.

Because of this inappropriate diet, people's digestive systems are not functioning correctly. That means that the food being consumed is not being digested and assimilated completely, and the little nutrition that is being taken in is not being utilized by the body. People with these issues become under-nourished and feel the ill effects.

Medications like Prilosec or Tums may help alleviate symptoms but can make the

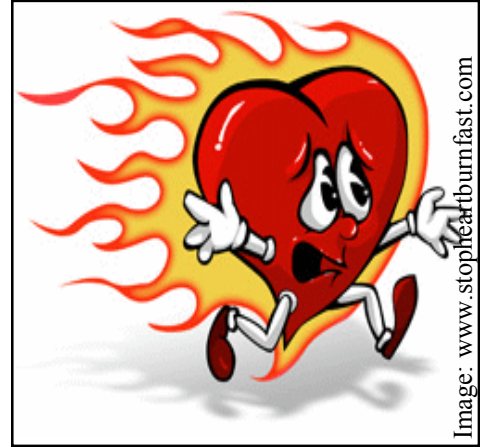


Image: www.stopheartburnfast.com

Ouch! Get that guy some enzymes.

situation worse. If your stomach does not have sufficient acidity, it doesn't break down food properly so it can be better digested.

Stomach acid aids in the absorption of vital minerals such as calcium, magnesium and potassium and usually kills potentially harmful bacteria that we ingest. So if there's less of it, there could be issues.

That is why there's a warning on most packages that these medications should not be taken for more than a few weeks at a time. Yet many people are on these for years under the direction of their family doctor.

*(Continued on page 2)*

### Store Information

Healthy Habits Natural Market  
1120 Centre Turnpike  
Orwigsburg, PA 17961  
Phone: 570-366-2620

[www.healthyhabitsnaturalmarket.com](http://www.healthyhabitsnaturalmarket.com)

### Hours

Mon-Fri ..... 9 a.m.-7p.m.  
Sat..... 9 a.m.-5 p.m.



“Making it easier to be healthy.”

(Continued from page 1)

Those on medications for acid reflux know that it can be difficult to stop taking them. I certainly wouldn't suggest it without consulting with your doctor first. However, there are ways to lessen the need for these medications.

One is eating a more natural diet consisting of fresh produce and natural meats. Artificial foods and additives usually lack nutrients, fiber, and natural enzymes found in our fresh food supply.

Taking digestive enzymes may also help. Digestive enzymes can be found at your local health food store and contain ingredients such as pancreatin, betain hydrochloride, pepsin, amylase, lipase, protease, and others, which help break down foods more thoroughly so they are easier to digest.

If those two strategies do not help, you may need to correct other problems, namely improving your intestinal flora. In short, that means increasing the number of good bacteria in your system by taking probiotics or fiber supplements. Consult with your natural health care provider or health food store for more information.

Heartburn is a very common condition, yet it is often treated improperly. If you suffer from heartburn, hopefully this article provides an effective strategy that will help you overcome this issue.

As always, make sure to consult with your family doctor or natural health care practitioner first before making any changes to your medication, diet, or nutritional supplement regimen.

-B.A. Touchinsky, D.C.

## Upcoming Events

### February 21

Vince Chiles

11 a.m.



### February 21

Weight Loss Surgery Group

1 p.m.



### February 23

Gluten Free Group

6 p.m.



### February 28

Tea Party

2 p.m.



### Questions?

Visit our website for more information about our programs.



## Quick ~ Healthy ~ Delicious



### Quinoa Stir Fry

- Quinoa
- Frozen Vegetables
- Sauce of choice ~ Kung Pao, Teriyaki, Shiitake Soy Ginger, etc.
- Nuts

Rinse quinoa in a small strainer or by running fresh water over it in a pot. Drain. In a saucepan, add 1 cup quinoa with 2 cups water. Bring to a boil. Reduce heat to a simmer & cook until all water is absorbed (10-15 minutes). When done, the grain appears translucent & ring will be visible. Prepare vegetables and mix with quinoa and favorite sauce. Top with cashews, slivered almonds or walnuts.

## Dr. T. Says...

Remember, the digestive system is the only way your body can absorb nutrients and remove waste. Here are a few ways you can take care of it:

- **Eat a more natural diet.**
- **Take digestive enzymes.**
- **Support the "good" bacteria in your system with probiotics.**

If you want more information, feel free to visit our website or call the store. Thanks for reading!



Healthy Habits Natural Market is a locally owned, independent health food and products store located in Orwigsburg, Schuylkill County, Pennsylvania. We are located near Pottsville, Reading, Tamaqua, Pine Grove, and Hamburg. We carry local organically grown produce, meats, dairy, and eggs. We also carry many natural and organic products, including pet foods and treats.