



Phone Consult Follow Up by Dr Ben

For: Acid Reflux, Bloating and Gas after anything eaten

Symptoms noted: possible Helicobacter pylori, long term use of tetracycline, acne, ear infections

[Click the Product Name highlighted in blue and it will take you to the product page at www.HealthEGoods.com]

Product Name	Time of Day to take	Serving Size	w/ or w/o meals	Duration	Reasoning
Gastric Repair Complex	With any meal	1-2 capsules	With meals. Chew capsules ideally otherwise swallow	Until no longer needed. Once stomach is healed	To help heal the stomach and reduce acid reflux
Saccharomyces boulardii	AM and PM	3 capsules twice a day	With meals	Until symptoms of acid reflux is gone	To kill Helicobacter pylori and restore healthy flora
GI Comfort	Between meals or before	3 scoops of GI Comfort	½ hr Before breakfast and right before sleep. Also sip throughout day ideally	Until burning in stomach is gone.	Heal the stomach ulcers
Manuka Honey	Between meals	1-2 teaspoons a couple times a day	without	Until burning in stomach is gone	To kill helicobacter pylori
ProBiota 12 Powder	Evening	½ teaspoon which is 200 billion beneficial bacteria	With dinner	Until bottle is gone	To improve digestion, reduce bloating, kill helicobacter pylori
PanZyme	With any meal	1-2 capsules depending on size of meal	With meals. Be cautious at first. Start 5 days after you take the nutrients to heal your stomach.	As long as you feel necessary.	Assist with bloating and stimulate production of stomach acid.
Optimal Multivitamin	AM and lunch	3 capsules AM, 3 caps lunch, 2 caps around 2:00 pm	With or without meals but better with	Daily	Maintain health and prevent disease. Provide nutrients for immunity.



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Lifestyle Recommendations:

1. Eat smaller more frequent meals every 2 hours with some form of protein. Eat .4 grams of protein per pound of body weight. So if you weigh 140 pounds, eat about 50 grams of protein a day. This will stabilize your blood sugar which will improve your adrenal fatigue.
2. Eat a protein snack before bed such as almonds. They are high in magnesium and protein. Eat about 15 of them. I recommend soaking them for 24 hours, rinsing and then eating. Chew them very well. Drink water and go to bed.
3. Walk barefoot on the grass each morning as this stimulates your thyroid and immune system.
4. Limit drinking with meals as this dilutes digestive enzymes.
5. Avoid [Xenoestrogens](#). Canned foods are especially bad. Choose Eden Foods brand if you buy canned foods.
6. Mix 1 teaspoon or so and squeeze a fresh lemon into a ½ cup of filtered water. SIP this every AM before meals. It will stimulate digestion and create healthy bowel movements. If you feel too much burning, stop drinking and eat some food.
7. As your stomach heals and you take the above suggested products, you should be able to come off of Nexium permanently. Talk with your prescribing doctor about what you are doing in order to get off of antacids.
8. There are a couple connections for the bloating with every meal:
 - a. Nexium causing low stomach acid causing the foods to ferment rather than get digested
 - b. Bad bacteria in the stomach caused by excessive use of antibiotics over your lifetime and recently for your ear infection.
9. Make sure you use the ProBiota 12 Powder until the bottle is gone. The Vital Immune Biotic is fine but not potent enough. Let's get one bottle of highly potent multi-strain probiotics in you, then go back to the Vital Immune Biotic. There are only 5 billion per capsule for Immune Biotic and that is not enough to eradicate a potentially high population of helicobacter pylori and other likely harmful bacteria.

Here is an article I wrote about: [Alternatives to Omeprazole and Prilosec: Natural Solutions to Acid Reflux](#)