

Acid Reflux (Gastro esophageal Reflux)

This program should be tried for at least 10 to 14 days to monitor results. Healthy habits should be incorporated into general lifestyle practices.

1. Mix the following ingredient together then drink 2 ounces, 3 times daily:

8 oz. soy milk

½ tsp. peppermint oil

~~1 tsp. ginger powder~~

2 Tbsp. slippery elm powder

Honey to taste

2. Drink peach leaf tea: use 2 Tbsp. per cup, drink 3 cups daily.

3. Drink lemon water (3 lemons per quart of water) drink 2 times daily.

4. Blend 1 banana & avocado and eat as a meal.

5. Eat grapes as a meal.

6. Take a Bowel cleanser made from 1 Tbsp. Psyllium Husk powder in 4 ounces of juice, shake well and drink before it gets thick. Do this 3 times daily.