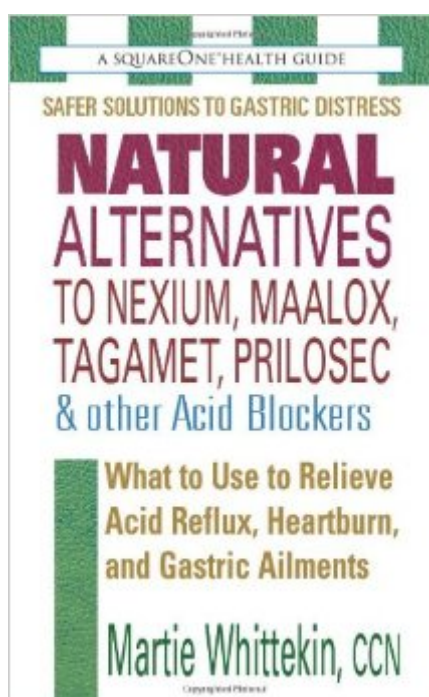


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# Natural Alternatives To Nexium, Maalox, Tagamet, Prilosec & Other Acid Blockers: What To Use To Relieve Acid Reflux, Heartburn, And Gastric Ailments



## Synopsis

Written by health professionals who are well recognized in their respective fields, these concise, easy-to-read books focus on a wide range of important health concerns. From migraine headaches to high cholesterol, each title looks at a specific problem; each provides a clear explanation of the disorder, its causes, and its symptoms; and each offers natural solutions that can either greatly reduce or completely eliminate the problem. Some titles also focus on natural alternatives to drugs with serious side effects alternatives that in many cases can be used in conjunction with prescription medications. This growing series of titles can be counted on to provide safe and sensible solutions to all-too-common health problems.

## Book Information

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (125 customer reviews)

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## Customer Reviews

This book is by a Certified Clinical Nutritionist who is familiar with dietary dilemmas and various supplements. She has crowded a wealth of information into this compact book. I found it helpful although it has not solved my problem with GERD -- more about that below. I did not realize that I had a real problem with reflux until an endoscopy showed some damage to my esophagus. I had known for a long time that I had food allergies and sensitivities, and had found it necessary to avoid an increasing number of foods and beverages in order to avoid symptoms. But my symptoms were varied and rarely involved heartburn, or so I thought. It turns out that coughing and chest pain are sometimes the primary symptoms of heartburn/GERD, and once I got the diagnosis of GERD and looked it up, those symptoms started making sense. (I got chest pain from drinking coffee, for instance, and had coughing fits when I drank tea.) I had been to several doctors for other

gastrointestinal issues, and had been through a long list of tests, medications, diets, and supplements with very limited success. I had even tried the treatment plan for low stomach acid and it did not help. So when the gastroenterologist prescribed Nexium for GERD, I was relieved to try it. It seemed to work at first, then I started having reflux worse than before. The doctor changed my medication three times and I continued to have reflux, plus I had side-effects from the prescriptions. I got disillusioned with the gastroenterologist's office when they failed to call me back after I left a message complaining that the latest prescription gave me chest pain. (They finally called a full week later!) I decided to work with another doctor who is more holistically-inclined.

This book isn't so much small, as it is narrow. It is bigger on the inside. It is written in an easy, understandable way. Nothing in this book is scary or intimidating, so the reader is encouraged to take charge of his/her health. That's the main impact of this book. This is not just a book for heartburn sufferers. There is enough general info that the book is completely useful to anyone. If heartburn runs in your family, for example, you could read it to learn how to maintain your digestive health. A big plus for me was that the author doesn't spend a lot of the book talking about herself...she gets down to business right away and doesn't let up til the end! There are the usual suggestions to quit smoking, lose weight, raise your bed, etc. But those are at the end of the book. The majority of the book deals with information on the digestive tract, its friends and foes. Ms. Whittekin takes the reassuring position that your body is not the problem. Your heartburn is your body communicating with you, and you can fix this. You may have to change your food choices, but if these foods are not your friends, why keep them around? She does make suggestions on supplements, but does not appear to sell or make her own. In my experience, supplements are cheaper than even the OTC versions of common drugs. There is a chapter on candida and its role in acid reflux (and just about everything else, it seems). The index seems functional, and there's even a glossary. References are organized by chapter, so you can continue your research. Previously, I've steered clear of this type of book, thinking I can find out just as much with Google. I am glad I bought this book. Some of the info I knew, but Ms.

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