

## January 2024 Program Information on Silent Reflux

Yes, you don't know it's there. In fact, it wears a disguise and you might be even calling it my little cough, sexy low voice, or dripping nose. It's actually called Silent Reflux or a fancy name, Respiratory Reflux. (Laryngopharyngeal Reflux). Believe it or not, it can get worse, developing into other diseases, but you can actually do something about it.

The answer is diet and lifestyle changes. I know you have heard that before, but this is different. You can actually cure it and conquer this nasty little problem for good. Imagine saying good-bye to your cough, sensitive throat, sinuses, lungs, or vocal cord symptoms.

Book by: Jamie Koufman, M.D., Jordan Stern, M.D.  
*Dropping Acid – The Reflux Diet Cookbook & Cure*.....p. 25

### **How does reflux (or what we all call “heartburn” causes problems for you?**

- Acid and pepsin work together to cause reflux-related symptoms and diseases.
- None of the available anti-reflux medications turn acid off completely
- When pepsin attaches to human tissue, disease may result
- Dietary acid can activate pepsin already in or on tissue
- Tissue, that is sick from reflux, needs a period of recovery.

**Remember** what makes Silent Reflux difficult to diagnose is that people who have it DO NOT have heartburn and indigestion.

### **General Guidelines for a new management approach**

Limit foods that relax the stomach valve

Such as chocolate caffeine, alcohol, fatty food, or meats

Limit foods that increase pressure inside the stomach valve

Such as carbonated beverages like soda, beer

Limit trigger foods that create problems

Check out pp. 56 to 59 in *Dropping Acid - The Reflux Diet Cookbook & Cure*

**Note:** If you are having health problems, contact a doctor who specializes and is familiar with Respiratory Reflux.

By the way, check out how powerful alkaline water PH 9.5+ can be.