



## **GERD (GastroEsophageal Reflux Disease or Acid Reflux Disease)**

### **Nutritional Support Protocol**

#### **Lifestyle Recommendations:**

1. Avoid smoking, excessive alcohol consumption, and use of aspirin and non-steroidal anti-inflammatory medications (NSAIDS) unless absolutely necessary to ease GI irritation.

#### **Dietary Recommendations:**

1. Avoid common allergic producing foods such as wheat, dairy, corn and soy.
2. Experiment with your diet to find what possibly may trigger symptoms; high fat foods, spicy foods, mint, chocolate, coffee, black tea and acidic drinks can all contribute to symptoms.
3. Do not rush your meals. Thoroughly chew your food and take time to enjoy each bite.

#### **Supplement Recommendations:**

In addition to the core nutrient program recommended by your Health Care Professional and/ or from the results of your most recent Designs for Health Metabolic Profile:

<b>GastroMend-HP:</b>	2 capsules twice daily on an empty stomach
<b>Aloe/200x:</b>	1 capsule twice daily on an empty stomach
<b>Tegricel Colostrum:</b>	1 capsule twice daily before meals
<b>Probiotic Synergy Probiospheres:</b>	1 sphere daily with a meal

#### **Optional additional therapy in *H. pylori* cases:**

<b>GI Microb-X:</b>	2 capsules three times daily on an empty stomach x 3-4 weeks (Take with a small amount of food if necessary).
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Retest for *H. pylori* antibodies (serum or stool) after several months as follow-up.

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