

Dr. Paul G. Varnas &amp; WholeHealthAmerica.com present

**THE BETTER HEALTH NEWS**

JUNE, 2014

**REFLUX****TREAT THE CAUSE  
OF HEARTBURN 2****GERD 4****FREE MARKETING  
SYSTEM 5****NEW PRODUCT:  
HCI-EASE™ 6****REFLUX MEDS LINKED TO  
OSTEOPOROSIS AND HIP FRACTURE**

The problem with medication is that ALL of them have side-effects. Certain medications for reflux may increase your chance of getting osteoporosis. Use of these drugs have been linked to hip fracture in people over 50, according to research appearing in the *Journal of the American Medical Association* (2006;296:2947-2953). What is most shocking is what University of Michigan researchers found—A study

performed on mice done by researchers from the University of Michigan Medical School at the Howard Hughes Medical Institute showed that acid suppressing medications (proton pump inhibitors, like Prilosec and Prevacid) actually contribute to bacterial overgrowth, and may actually aggravate the condition that they are designed to treat.

**DO WE REALLY CREATE OUR HEALTH  
PROBLEMS?**

Last month we printed an article entitled “We Create Our Health Problems”. Upon consideration, “We Create Many of Our Health Problems” would have been a better title. The title could possible lead someone with a serious illness to believe that, in our view, it was somehow their own fault. That was not the intention of the article. It was meant to express that as a society we spend \$2.5 trillion on health

care, with much of the money being spent on things that are totally preventable. Lifestyle is a big reason for much of our illness—but not all of it. Genetics, pollution, viruses and other sources of illness are not within our control. So if anyone with a serious illness took the headline to mean that the article was saying that illness was somehow their fault, our sincerest apology

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## TREAT THE CAUSE OF HEARTBURN

### BACTERIA MAY BE PART OF THE PROBLEM

Sometimes bacteria can cause reflux symptoms. What is even more surprising is that low stomach acid favors an environment that allows bacteria to grow—creating a bacterial gastritis. So antacids may be the exact *wrong* thing to do. *Helicobacter pylori*, the bacterium that is implicated in gastric ulcers, is frequently a cause of heartburn (even when there is no ulcer present). Sometimes it is necessary to take a product that can keep the bacteria in check.

**BIO-HPP<sup>®</sup>** (H-pylori formula) is a broad-spectrum herbal-based formula designed to relieve gastric inflammation and erosion caused by *H-pylori* bacteria. Recent (1999) clinical studies have shown the product to be effective (reducing the antigen) in over 80% of the cases where *H-pylori* had been identified (serum, breath and/or stool testing). Use two capsules, three times a day just before meals. It should be used with **Gastrazyme<sup>™</sup>**, as these function as a powerful 1—2 punch: kill the bacteria and heal the stomach and intestinal lining.

Biotics Research has a new product, **HCl-Ease<sup>™</sup>**, which contains Specific herbs have demonstrated the ability to provide beneficial attributes to aid with symptoms of acid reflux, or GERD. These herbs will be discussed on page 6.

### SEEMS COUNTERINTUITIVE, BUT SOMETIMES HYDROCHLORIC ACID IS NEEDED.

Many people who have acid reflux actually are not producing enough stomach acid. This is controversial, traditional medicine does not recognize underproduction of HCl as a health problem. Many times, however, giving HCl helps the pylorus to relax, facilitates stomach emptying and keeps the contents out of the esophagus.

***Patients who need HCl often have symptoms:*** Fingernails break easily; gas or bloating immediately after a meal; distaste for meat; vitamin supplements cause nausea; coated tongue (there are other causes of this); itchy anus (there are other causes of this).

There are a number of health issues that have been linked to

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Nutritional Products for  
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Professionals

underproduction of hydrochloric acid—at least in the natural health community. These include:

- Allergies
- Asthma
- Depression (Neurotransmitters are made from amino acids—HCl is necessary to break protein down into amino acids.)
- Arthritis (Protein is incompletely broken down, so the body steals from the joints to fill its need.)
- A variety of digestive problems, including irritable bowel, constipation, diarrhea and Candidiasis

Patients should not take hydrochloric acid supplements on your own. They need to discuss it with a health professional.

### CAN A GOOD FOOD BE BAD FOR YOU?

Sometimes hidden food sensitivities can be the cause of reflux symptoms. Usually the food is one that is eaten every day. Seldom does the patient associate this food with the symptom, but very often giving up the food produces relief. There are different ways to find and deal with food sensitivities. Sometimes lab tests are performed, sometimes muscle tests are used and sometimes just a trial avoidance of the suspected food works.



Biotics Research Corporation, in effort to further the education of Healthcare Professionals and their patients, is pleased to offer several significant and useful practice building tools, all included in a weekly email, the **Biotics Bulletin**.

- **Tuesday Minute** - weekly video clip, full of nutritional education & clinical pearls
- **Weekly Product Feature** - product specific, informational summary
- **Supplement FAQ** - patient-friendly product descriptions
- **Monthly Newsletter** - filled with research, condition-specific topics, product education, and recommended protocols
- **Upcoming Seminars** - seminar announcements featuring world-renowned speakers
- **Upcoming Events** - nationwide tradeshows & symposiums exhibited by Biotics Research
- **FREE Webinars** - up-to-date topics of interest presented by a variety of knowledgeable professionals having a thorough understanding of the subject matter. Conveniently scheduled and lasting one hour; webinars are recorded and archived on our website at [www.bioticsresearch.com](http://www.bioticsresearch.com) for easy reference



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## GERD

Alan Gaby, MD had a great line for the progression of poor health in America. He said it was a sequence, "Big Mac, Zantac, Prozac". In other words, you eat junk, you develop digestive problems (reflux) and eventually, through the lack of necessary cofactors and nutrients, the nervous system is affected, creating depression.

GERD is an acronym for Gastroesophageal Reflux Disease. And, according to Dr. Gaby's model, your patient with reflux may have some issues with diet and lifestyle. Obesity has been linked to GERD. The recent rise in the obesity epidemic may have led to an increase in GERD hospitalizations. In fact, a recent Healthcare Cost and Utilization Project Statistical Brief showed that the obesity epidemic has had a profound effect on hospitalizations. Between 1996 and 2004, the number of hospitalizations with obesity diagnoses increased by 112% while all other hospitalizations increased by only 13%.

All patients do not have the same symptoms, but they may have some or even all of the following:

- Heartburn (the most common symptom; a rising, burning sensation in the chest)
- Sour or bitter taste from regurgitation of stomach contents
- Difficult or painful swallowing
- Belching

- Chronic sore throat
- Waterbrash (sudden excess flow of saliva)
- Hoarseness
- Bad Breath

GERD can also lead to inflammation of the gums and erosion of tooth enamel. The drugs that are taken for GERD are designed to limit hydrochloric acid production. This is problematic because hydrochloric acid is needed to suppress bacteria (which can cause gastritis). As pointed out in the article on the front page, these medications may be linked to osteoporosis and hip fracture. Suppressing acid production can interfere with the absorption of important nutrients, especially minerals and amino acids.

Americans spend around \$10 billion per year treating GERD. Up to 60% of the population at some time during the year, and 20% to 30% weekly, experience symptoms of GERD. More serious complications may emerge, such as the precancerous condition known as Barrett's esophagus, as well as esophageal adenocarcinoma.

This is something that is responsible for a great deal of suffering and expense. It also responds very well to natural health care. You can use a product like **HCl-Ease™** and help the health of your patients and your practice (see the article on page 6 for more about this product).

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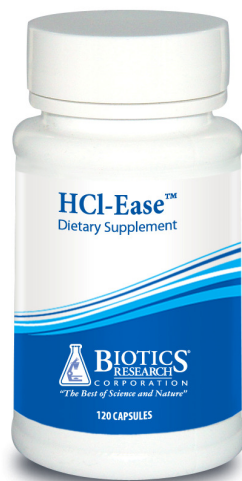
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For information about the products mentioned in this newsletter, or to change your address, contact Biotics Research at 800-231-5777 or [www.bioticsresearch.com](http://www.bioticsresearch.com)

## **NEW PRODUCT: HCl-Ease™**

**HCl-Ease™** contains Meadowsweet (*Filipendula ulmaria*)(herb extract), Okra (*Abelmoschus esculentus*), Eyebright (*Eupharasia officinalis*) (herb extract), Marshmallow (*Althaea officinalis*) (root extract), Asian plantain (*Plantago asiatica*) (extract), and Pepsin.

Meadowsweet contains tannins, to decrease inflammation (swelling) and decrease mucus (phlegm). Marshmallow root is used for pain and swelling (inflammation) of the mucous membranes. Eyebright is taken by mouth to treat swollen (inflamed) mucosa. Plantain contains fiber, potassium, calcium, magnesium, sodium, phosphorus, zinc and copper, as well as vitamins A, C and K. It is also a rich source of numerous phytochemicals, including allantoin, glycosides, phenols, salicylic acid and tannins.



Phytochemicals are antioxidant compounds found naturally in plants that prevent free radical induced damage in the body and thereby help to prevent and treat disease in humans. The International College of Herbal Medicine states that plantain leaf has anti-inflammatory, analgesic, antibiotic and immune-stimulating properties. Okra's mucilage binds cholesterol and bile acids and carrying toxins dumped into the bile by the filtering liver. Pepsin helps to digest protein.

The combination of these products help to soothe and heal the stomach and intestinal lining—helping to relieve heartburn. Heartburn is a \$10 billion per year industry in the United States. Isn't it nice to have something to treat it that is free of side-effects?