

Heartburn / Nausea / Reflux Remedies

- Slippery Elm throat lozenges & dried Papaya-- most health food stores should have both; papaya enzyme tablets will work too but not as well as the real thing.
- Enzymes can also help, as well as HCl, for digestive problems; the enzymes also help with growth; get a full-spectrum plant-based one; papaya enzymes are the most popular
- Cayenne pepper capsules ...my mother tried it and it sounds odd and the opposite of what you want, but it worked!! The healing part was the warm feeling she got and then she cut back when it got hot feeling. Worked wonders for her bleeding ulcers that she was having at the same time. Slippery Elm (don't know how hard it is to find at a health food store, but I buy mine from www.herbsfirst.com) is a great healer for the same issues, very soothing. Use a tablespoon in an 8oz. glass of water, stir and swig.
- Fresh papaya, dried papaya tablets-3-5 after each meal or as needed,
- Raw almonds-same as tablets. have her eat raw almonds after every meal and as snacks
- One large glass of warm water with a 'glug' of real maple syrup each morning, papaya tablets as needed,
- TBM will create a permanent fix, chiropractic adjustment and/or CrainioSacral adjustment. Any or all may fix the problem she is currently experiencing. (visit www.tbmseminars.com click referrals and scroll down to her state and town)
- Eat several small meals a day rather than three larger ones. If mom avoids being "empty" or "full" she will not produce as much excess stomach acid trying to cope with it. Papaya would be a good thing to include in her mini-meals. She might also want to avoid foods that are too acidic unless she has some good whole-grain bread with them, or just simply avoid them all together.
- Eating ginger, not ginger ale of course, but cooking with ginger and eating whole-grain ginger snaps and so on
- I had a midwife swear by apples. I told a client of mine that was suffering from horrible heartburn, really thinking it was a far shot. She now swears by them as well and will tell anyone that asks!
- Bromelain capsules - take with meals, found in the health food store under the trade name "Bio-K". It is in semi-liquid form in the refrigerator section - is one step up from papaya enzymes
- Make sure mom is eating 120 grams of protein per day, three quarts of water per day, salt to taste and eating every two to three hours--heartburn can be from an empty stomach and the twins will be 'taking' from her all the time!
- Acidophilus - in the health food store under the trade name "Bio-K". It is in semi-liquid form (kind of like a runny yogurt) in the refrigerator section.
- Try homoeopathic Nux vomica
- Tall glass of hot water with a 'glug' (an ounce or so) of REAL maple syrup first thing in the morning, no nausea for the day
- The "[Brewer Diet](#)":
 - Increasing her:
Protein, = 75-100 grams daile

Calories 2400 approximately

Water 64 oz daily

Salt to taste (if she does not eat a lot of salt or fast food).