Are Antacids Harmful?

Who among us has not heard of the dire consequences of “too much stomach acid”? It is the ever-present beginning of an advertisement for one type of antacid or other.

But is it true that excess stomach acid is the cause of heartburn, gastroesophageal reflux, bloating and pseudo-heart attacks? Absolutely not! In fact, the reverse is usually true, there is not enough stomach acid to properly digest foods and that improper digestion actually causes the symptoms.

Let’s learn about what happens: Food enters the digestive tract through the mouth where it hopefully is mixed with saliva. Then it travels down the esophagus and passes the one-way valve called the esophageal valve, and into the stomach. Here hydrochloric acid sanitizes the food by killing all bacteria and also stimulates the production of pepsin, the first of several protein digesting enzymes.

I would hope that you are beginning to understand that hydrochloric acid is very important in protecting you by sterilizing food and catalyzing the production of pepsin. Without these preliminary steps, you are asking for trouble later on in the digestive tract.

When you consume antacids, you are making an attempt to neutralize the very acid that protects you and sets the stage for the proper digestion of your food. If the vast array of microbes we ingest along with our food is allowed to continue in the digestive tract, you are setting the stage for colonies of these bacteria to set up residence further down in the tract. This can cause diarrhea, irritable bowel syndrome and other discomforts.

Continued use of antacids may cause a sluggish digestion which actually results in reflux of stomach contents upward past the esophageal valve into the esophagus where it gives rise to intense burning pain.

When you have digestive symptoms, the first thing you should try is a complete enzyme with each meal.

Spearmint Tea Good for Women, Bad for Men

Drinking two or more cups of spearmint tea could reduce the level of testosterone in women who exhibit the growth of hair on their faces and chests. Researchers from a university in Turkey conducted trials on women with the condition known as hirsutism, and have published in the Phytotherapy Research Journal.

A spokesman for the research team said, “Current therapies use either oral contraceptives to suppress androgen production or spironolactone that prevents the body responding to androgen (testosterone). This study shows that spearmint could be a good natural alternative to women who have these symptoms.”

Interestingly, the research was sparked by evidence that drinking spearmint tea reduces a man’s sex drive. So the best advice for men is to avoid spearmint.

Eat Dark Chocolate (Without Sugar)

Eating flavonol-rich dark chocolate boosts blood flow in the brain and reduces the risk of dementia. This according to a report at the prestigious American Association for the Advancement of Science. My advice is to look for certified dark chocolate made without sugar because even dark chocolate with sugar is bad.