

Heidelberg pH Gastric Acid Analysis: For Acid Reflux, Allergies, Belching, IBS Or Gas Problems

By Simon Yu, MD

Acid reflux, food allergies, belching, and gas are the first signs of indigestion. These indicate the beginning of a multitude of physical ailments that develop later in life including: vague stomach problems, arthritic pains, chronic fatigue, fibromyalgia, brain fog, and Irritable Bowel Syndrome (IBS). How is it possible to have so many problems and yet be so over looked or under treated by your medical doctors?

Too much acid or too little acid in the stomach may show similar symptoms, all of which are labeled "indigestion." Medical doctors often treat the symptoms of indigestion with medications like H-2 Blockers, such as Tagamet, or with a Proton Pump Inhibitor, such as Prevacid. Those medications shut off acid production in the stomach. They can make you feel better temporarily but it doesn't correct the underlying problems.

Most adults over 40 years old often do not produce enough acid in the stomach (hypochlorhydria). Therefore, they benefit by taking stomach acid (hydrochloric acid) as a supplement and stomach enzymes, such as Pepsin, to ensure proper digestion of food. Taking these supplements, these individuals then usually experience improved digestion and less belching and gas.

Taking Apple Cider Vinegar (Organic preferred) with digestive enzymes is one of the most cost effective ways to improve digestion. This action alone could save many visits to your doctor's office.

Even though I utilize seven different kinds of enzymes, unfortunately not everybody responds to digestive enzyme therapy. Another option is to create a food elimination and rotation diet based on the results of food allergy testing. Once again, some people respond to this treatment but not everyone.

Other people respond to natural or prescribed anti-parasite medication with occasional antibiotic therapy to eradicate bacterial/parasitic infections. I utilize many different combinations of natural and prescription medications for parasite eradication.

Low grade, hidden dental infections have been one of the most overlooked sources of oral-gastric connected infection. This has been a common, unrecognized source of intestinal problems from medical doctors' evaluations because it is considered primarily a dental problem.

Some people require an endoscope of the upper and lower GI tract by a GI specialist. This often still doesn't provide adequate information for many patients as to why they have reflux, belching, or gas.

At this point, it is time to investigate the Heidelberg pH Gastric Acid Analysis developed by Heidelberg University, Germany. This test is not well known in the United States but widely used around the world. Search for www.pHcapsule.com for more information.

The Heidelberg pH Gastric Acid Analysis system requires the patient to swallow a small pH capsule with a string attached. The pH capsule (microminiaturized radio transmitter) will radio signal the pH value of your stomach to the radio frequency receiver and convert the pH to a numerical value. What a clever idea by a German scientist! The test can be performed as an out-patient in my clinic with minimum discomfort of swallowing the pH capsule.

The Heidelberg pH Capsule System provides me not only the real time pH of the stomach, it delivers additional information by challenging the stomach with Alkali or Acid solutions. Your stomach's ability to respond to alkaline or acid solutions is recorded in a time-sequenced pH gastric analysis report. The data provides crucial information for the treatment plan.

If you have a multitude of physical ailments like bloating, gas, indigestion, allergies, arthralgia, chronic fatigue, fibromyalgia, brain fog, and Irritable Bowel Syndrome and you are not getting any help from traditional Western medicine or other alternative medical therapies, you may find your answers by going to Bavaria, Germany for evaluation. Or come to my clinic for the Heidelberg pH Gastric Analysis evaluation to discover answers on the causes of the above symptoms.

Unfortunately, Bavarian beers are not provided in my clinic!

Dr. Simon Yu, M.D. is a Board Certified Internist. He practices Internal Medicine with an emphasis on Alternative Medicine to use the best each has to offer. For more articles and information about alternative medicine as well as patient success stories visit his web site at www.preventionandhealing.com or call Prevention and Healing, Inc., 314-432-7802. You can also attend a free monthly presentation and discussion by Dr. Yu on Alternative Medicine at his office on the second Tuesday each month at 6:30 pm. Please call to verify the date and reserve your space.



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