

THE NATURAL HEARTBURN RELIEF HANDBOOK

With Bonus Tips From Axia3 CEO, Ryan Doheny: "How To Wean Off Of PPIs"



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NATURAL HEARTBURN RELIEF TIPS

Here are some tips you can start implementing today to live a more heartburn-free life.

1. Eat slowly and in small portions

When the stomach is very full, there can be more acid reflux into the esophagus. You can also try "grazing". This means eating small meals more frequently than usual, rather than three large meals daily.

2. Avoid red flag foods

In the old days, people with acid reflux were once instructed to eliminate all but the blandest foods from their diets. That advice doesn't hold water due to recent discoveries. You can still eat tasty food if you have problems with heartburn.

However, there are still some foods that are more likely to trigger reflux. These include fatty foods, spicy foods, tomatoes, onions, garlic, coffee, tea, chocolate, and alcohol.

If you eat any of these foods regularly, you might try eliminating them to see if doing so controls your reflux. Then try adding them back one by one to pinpoint your red flag foods.

3. Don't drink carbonated beverages

Carbonated drinks such as sodas and sparkling water can make you burp. This sends stomach acid into the esophagus. Drink good old fashioned flat water. Filtered of course!

4. Try to stay awake right after eating

When you're standing, or even sitting, gravity alone helps keep acid in the stomach, where it belongs. Finish eating two to three hours before you go to bed. No naps directly after lunch, and no late suppers or midnight snacks.

5. Don't overexert yourself after eating

Avoid intense exercise for a couple of hours after eating. A gentle walk is fine and may actually help digestion. However, a more strenuous workout, especially if it involves stretching or bending over, can send stomach acid into your esophagus.

6. Try sleeping on an incline

Ideally, your head should be 6 to 8 inches higher than your feet. You can achieve this by using "extra-tall" bed risers on the legs supporting the head of your bed. If your sleeping partner objects to this change, try using a foam wedge support for your upper body. Don not create a wedge by stacking pillows—the pillows won't provide the uniform support you need for proper sleep.

7. Lose weight if it would be healthy for you

Increased weight spreads the muscular structure that supports the lower esophageal sphincter, decreasing the pressure that holds the sphincter closed. This leads to acid reflux and heartburn. If you are underweight, please disregard.

8. Quit smoking

Nicotine may relax the lower esophageal sphincter and create acid reflux.

9. Do an audit of your medications

Some drugs like postmenopausal estrogen, antidepressants, and anti-inflammatory painkillers actually can relax the sphincter. Other bone-density building drugs called bisphosphonates like alendronate (Fosamax), ibandronate (Boniva), and risedronate (Actonel) irritate the esophagus.

If these steps aren't effective and you continue to experience heartburn despite making lifestyle changes and using heartburn relief supplements you may need to consult your doctor to see if there are any more serious issues underlying your experience.

BONUS CONTENT - HOW TO WEAN OFF OF PPIS...

More Tips and a Personal Letter from Axia Essentials CEO, Ryan Doheny

Hi there,

I created [Axia3 ProDigestive](#) because I needed a natural alternative to prescription heartburn medications myself.

I had suffered from chronic heartburn and, like many sufferers, my doctor at the time placed me on a prescription for a drug known as a PPI (proton pump inhibitor).

Only later did I find out that, if taken over long periods of time, the drug can potentially come with serious side effects that include increased risk for kidney disease, osteoporosis, stroke, and even gastric cancer.

At first, these drugs impaired my ability to absorb micronutrients. I noticed a severe lack of energy. Soon I got the bad news. I had cancer.

I had to have part of my digestive tract permanently removed.

From then on, I vowed to find a natural solution to my heartburn and other related problems known as acid reflux and GERD.

On my journey I learned that heartburn can be caused by improper nutrition, exercise, and stress.

That sounded about right.

I've always worked hard and played hard. As an entrepreneur, I can definitely be a stress case and I like having a drink after work with coworkers, which can make heartburn worse.

And I love a good slice of pizza!

Eventually, I learned that there are natural remedies for heartburn such as apple cider vinegar. The main benefits of this come because of its ability to balance your internal pH and neutralize stomach acid.

Baking soda can also be taken for its alkalizing effect.

I also learned about the importance of gut health. Probiotics are the natural beneficial bacteria that line your gut and help you break down food.

Your body produces digestive enzymes on its own, special proteins that catalyze the reactions in your digestive system. In layman's terms, they break down the food you eat so you can absorb nutrients.

Eating probiotic foods such as sauerkraut, pickled vegetables, and kimchi can populate your gut with beneficial bacteria that help you digest and absorb nutrients too.

Taking probiotics supplements is now highly recommended by most healthcare professionals.

Back to the enzymes...

the problem is, your body produces less enzymes as you get older. This may contribute to the reason older folks experience more heartburn. That, in addition to weakening digestive muscles.

After compiling all this knowledge, I created a simple but powerful formula now tested in medical clinics and hospital pharmacies that serve sufferers of acute digestive issues.

Most traditional antacids simply neutralize stomach acid in an overpowering way that actually inhibits your digestion and ability to absorb nutrients. This is like a bandaid for heartburn.

Even worse, some prescription medications shut off your body's ability to produce digestive juices altogether.

This is not a viable long term solution.

You need those stomach acids to digest and absorb nutrients and energy from the food you eat.

Axia3's ProDigestive™ heartburn relief formula stops heartburn fast with the alkalizing effects of natural calcium and sodium bicarbonate found in baking soda.

Additionally, Axia3's patented ProDigestive™ enzyme blend further helps the body break down food and increase nutrient absorption in the stomach with protease, lipase, cellulase, lactase, and amylase enzymes.

Protease
 Protein Catabolism
 Digests Cell Walls Of Harmful Organisms
 Digests Toxins, Cellular Debris and Undigested Proteins
 Fights Inflammatory Bowel Disease
 Delivers Critical Amino-Acids to Cells
 Provides Good Gut Bacteria
 Immunity Booster
 Cleans Debris Out of Lymph and Circulatory Systems
 Reduces Risks of Blood Clots

Cellulase
 Increases Energy
 Boosts Immunity
 Boosts Metabolism
 Helps Break Down Fruits And Vegetables
 Increases Absorption
 Helps Break Down Fiber

Amylase
 Initiates Breakdown of Starches
 Breaks Down Starches into smaller, easier digestible units!
 Derived From Bacteria
 Vegan
 Heat Stable - Tablet Safe
 act as catalysts in speeding up specific, life-preserving chemical reactions in the body
 Improves Digestion
 Provides Energy
 Journal of Clinical & Diagnostic Research studies show the ability of this digestive enzyme to maintain normal blood sugar levels and help treat or reverse diabetes symptoms. Enzymes are also a key aspect of the Kelley metabolic protocol to fight cancer

Lactase
 Helps People Who Are Lactose Intolerant
 Reduces Gas
 Helps With Irritable Bowel Syndrome
 90% of Asian Americans are Lactose Intolerant
 Reduces Cramping
 Helps with IBS Symptoms

Lipase
 Helps Fully Break Down Fats
 Helps Prevent High Cholesterol
 Enables Cell Permeability and Helps Cells Purge Waste
 Fats Are Broken into Smaller Easier Digestible Components
 Improves Symptoms of Celiac Disease

Sodium Bicarbonate
 Neutralizes Stomach Acid Quickly
 Relieves Heartburn, Sour Stomach, & Indigestion
 Relieves Ulcer Pain

Xylitol - (California Dental Association)
 Acid Attacks Cause Tooth Working
 Maintains Neutral PH Balance In Mouth
 ADA Preferred
 Kills Bacteria That Causes Tooth Decay
 Equal To Sweetness of Sugar
 Acts Like Fiber
 Digests Slowly - No Sugar Spike

Kosher, NON-GMO, Vegan

These ProDigestive™ enzymes aid digestion of complex carbohydrates, or sugars, and complex proteins such as those found in meat. They help break down the cellulosic fibers found in plant-based foods, something humans can't normally fully digest. Finally, they help break down lactose, a protein found in milk and other dairy products. Many people lack the enzymes to properly digest dairy.

Enzymes improve your metabolic health—your ability to produce energy from food, water, and oxygen—while also benefiting your gut health. We learned earlier how important gut health is to digestion and overall health.

Scientists are discovering new benefits of digestive enzymes all the time, with studies suggesting that they can improve digestion, decrease inflammation, ease pain and reduce symptoms related to irritable bowel syndrome.

Here's a summary of the top things I've learned:

- Heartburn can be caused by poor nutrition, exercise, and stress.
- Making lifestyle changes should be the first plan of action for living heartburn free.
- Gut health is essential to your well being. Eat probiotic foods and explore [supplements that populate your gut with beneficial bacteria](#).
- Be aware that your digestive enzyme production can decrease with age. If your body can't break down the food you eat, especially if your diet is rich and probiotic-count lacking, this can exacerbate your heartburn.
- Quick fixes for heartburn usually include changing the pH of your stomach, creating an alkalizing layer between the stomach and the esophagus, thus preventing acid reflux.
- But don't ignore the importance of overall ongoing digestive health. If you can't digest your stomach won't rest.

I hope this helps you understand why we included them in [Axia3, a natural heartburn relief formula](#) that benefits the entire axis of digestion and well being.

We understand that for some people prescription heartburn medication is the right path but most prescription antacids are not meant for long term use.

Below is the method I used to wean off of PPIs.

Once you break through the grips of the prescription drugs your body will feel much normal, you'll feel happier and healthier.

Cheers,
Ryan Doheny

Axia3 Creator & Founder of Natrica USA / Axia Essentials

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NOTE: Always wean off any medication with the guidance of your physician. This content does not consist of medical advice but rather offers additional tools that can help the transition as you taper off of heartburn medication with the help of your doctor.



PPI WEANING PROTOCOL

We recommend using Axia3 ProDigestive Natural Heartburn Relief daily as you transition off of PPIs with the help of your physician. As a nutritional supplement made with natural ingredients, Axia3 is safe to take alongside other medications.

1. Chew 3 tablets in the morning.
2. Chew 3 tablets with lunch.
3. Chew 4 tablets at night on an empty stomach before bed to avoid acid backlash.

When you're taking prescription heartburn medications for more than the recommended 6 weeks (3 x 14-day cycles per year), your body then overproduces acid when you try to quit taking your meds.

This overproduction of stomach acid is known as acid backlash.

We recommend the above regimen of 10 Axia3 chewable tablets per day for 7 days.

You may want to have a heavy duty acid neutralizer on hand while you're experiencing acid backlash.

We recommend Pepcid AC—but don't over do it. You can use it twice per week or so during the first week of weaning. Keep in mind, we don't recommend long term use of Pepcid AC or related antacids as they are not natural and can harm your digestion if overused.

On the other hand, [Axia3 ProDigestive works with your body, not against it.](#)

After the above regimen, you can take Axia3 as needed. Long term customers enjoy chewing 2 tablets in the morning and 2 at night so they sleep and wake heartburn free. You can safely take up to 10 tablets per day.

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+ FREE SHIPPING FOREVER



[CLICK HERE TO SHOP NOW](#)

NO ALUMINUM | NO HEAVY METALS | ZERO SUGAR | NON-GMO | GLUTEN-FREE |
KOSHER CERTIFIED | VEGAN | PESTICIDE-FREE

Axia3 ProDigestive™ Natural Heartburn Relief Axes Heartburn, Improves Digestion.
Heartburn-Axing Calcium, Baking Soda, and 5 ProDigestive™ Enzymes.

MONEY BACK GUARANTEE

If you don't love Axia3 it's on us!