



## THE FASTING PODCAST: EPISODE 19 – HEARTBURN & FASTING

# EPISODE 19: HEARTBURN & FASTING

The Fasting Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP





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### 3 Different Categories

1. Might it be a hiatal hernia?
2. Regular heartburn?
3. Helicobacter pylori ("h. pylori")?

All 3 affect how successful one will be with fasting & wellness goals





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### What About Hiatal Hernia?



- Upper part of stomach bulges through large muscle separating the abdomen and chest
- Doctors can diagnose this and surgeons can perform surgery
- There are brief videos of a chiropractor's view of self help option on YouTube – search “how to fix a hiatal hernia” (Williams, Jockers...)
- Check out podcast episode 15 Power Burst Program (PBP) that combines the extended fast with the mitochondria nutrients
- Consider options on the next page for possible experimentation



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### Regular Heartburn?



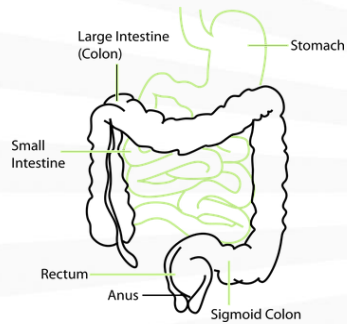
- Too little stomach acid or too much? (organic vinegar or lemon test)
- Too much liquid at meals diluting digestive juices?
- Liquids at meals with extreme pH too alkaline or too acidic can disrupt
- Inorganic/junk food can damage microbiome & lead to heartburn – even organic food in stomach > 2 hours can putrify
- Stress can inhibit stomach acid production, leading to heartburn
- Insufficient hydrogen can cause heartburn – episodes 5 & 6
- Lack of friendly flora & digestive enzymes can lead to infection (e.g. small intestine bacteria overgrowth SIBO)
- Chronic heartburn may lead to leaky gut, autoimmune, pancreas issues



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### Options to Consider

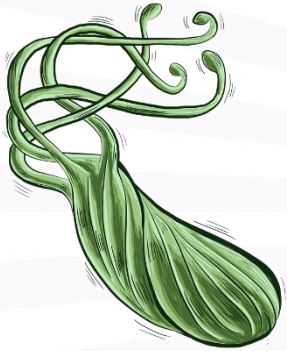
- ✓ Chew food really well, 24-40 times until liquid
- ✓ Liquids away from meals, with some pure water 20-30 minutes before a meal, then wait minimum hour before more liquid
- ✓ Convert to all natural, organic eating including greens with enzymes
- ✓ If the above isn't enough, consider digestive enzymes before meals, ideally with probiotic friendly flora (e.g. WOW digestive gut blend)
- ✓ Or bitter herbs to stimulate digestive juices to flow (e.g. WOW bitters tonic)
- ✓ Or our WOW adaptogen/CBD elixir for reducing effects of stress
- ✓ Or molecular hydrogen in water or capsules (episodes 5 & 6)
- ✓ If tried above options and still not enough, could it be hiatal hernia or heliobacter pylori bacteria?





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### Heliobacter Pylori (H. Pylori)?



- H. pylori is a special form of bacteria difficult to eliminate
- Most common in areas having bad water and sanitation problems
- From food, water, utensils, or body fluids of infected people
- It can hide in deep pockets of gums, in intestinal wall, & in colon
- It can attack stomach lining that protects us from stomach acid, resulting in possible stomach ulcers, unexplained headaches, & eventually abnormal cells
- Used by family member: twice/day brush gums with mix colloidal silver, pink sea-salt, & baking soda; every 3 hours 15 drops grapefruit seed extract nutrabiocotic plus 1 teaspoon colloidal silver empty stomach; digestive bitter herbs; plentiful probiotic friendly flora; organic food easy on digestion; ½ body weight in oz pure water, ideally with H<sub>2</sub>





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### My Wellness Prayer List

1. “Clogged” people with “purple pills” & less than 1-2 good bowel movements/day
2. Same as above but without purple pills
3. Everyone else

**Just Say NO to Heartburn & Constipation**  
**Just Say YES to Good Digestion & Gut Health!**





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## NEXT EPISODE 20: ABNORMAL IMMUNE/CELLS & FASTING

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# POSSIBLE NEXT STEPS



Watch our next episode, refer others, & check out our website:  
[www.TheFastingPodcastWOW.com](http://www.TheFastingPodcastWOW.com)

Watch WOW (Wellness & Optimal Weight) video: [www.LifeboatDoctors.com](http://www.LifeboatDoctors.com)

Podcasters – 5-stars on I-Tunes, YouTubers – “like” this video & subscribe





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Stay Positive, Focused, & Determined Because  
Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

