

Natural Helpers for Reflux: Cabbage, Cucumber, Aloe, and Alginate

IBS and Thyroid Friendly Cabbage Juice

Please always consult with doctor or nutritionist before starting a new food or recipe if you have digestive/endocrine issues.



Find a fresh, organic cabbage head, purple or green. Consider a Farmer's Market in your area to enjoy the benefits of locally grown food.

Next, wash thoroughly and cut about 1/4 to 1/3 into pieces. Place into a pan and cover well with water. Set on stove, cover, then boil, reducing to simmer for 20 minutes. You may need to add back more water due to loss from steam.

Pour the cooked cabbage with water into a blender and blend well. Filter out the fiber with strainer and you can drink up to a 1/2 a cup at a time; however, if you are doing this for the first time, I recommend a 1/4 of a cup to begin with to see how you feel.

Start slow and low, so one to three times a day as needed. I use it daily as “trriage” if I am having stomach acid problems/gastritis, but every other day to twice a week is what I use, taking breaks now and then as I feel better (due to thyroid issues, I want to be cautious).

I noticed immediate benefits to my gut, especially after transitioning off PPI/Pepcid, it was a Godsend!!

Cucumbers:

Another natural antacid is the profoundly neutral cucumber, if you are looking to get off Tums or other antacids. I highly recommend munching on cucumbers before/after meals as well as cutting whole slices in half/fourths and putting them in your drinking water. It is absolutely wonderful to sip on cucumber water as it calms the tummy and refreshes your body, especially on hot summer days! Don't use salt or use a very little when you eat the cucumber on a sandwich, in a salad, etc. A dash of dill does the trick to add more flavor!

In addition to DGL licorice, slippery elm, marshmallow root, chamomile, plantain, and aloe vera* (use inner gel only and don't overdo), you can love your tummy back into health and balance without the use or overuse of PPI/Pepcid. Food is medicine! Use these herbs carefully and not long term, only for healing and as needed to maintain stomach lining health.

Aloe Vera

Time and time again I run across aloe vera as a healer for acid reflux/gastritis (esp chronic). However, here are some tips to be sure you are using it correctly.

Always use *Aloe barbadensis* (Miller) for internal consumption of aloe, pictured below. And if at all possible, please use organic plants.



Select a plump, healthy-looking leaf, cut near the stem, and wash thoroughly. Then, “filet” the leaf by cutting off jagged edges and, using a knife, cut and peel off top layer of leaf to reveal gel inside.



Slice off the bottom half of the leaf so that you have just the inner gel. Rinse thoroughly, making sure no outer leaf (the latex) is left.

Cut the inner gel into “thumb-size” pieces and store in a jar in refrigerator for up to three days. Consume one small thumb size with a full glass of water 30 minutes prior to a meal. I like to do this in the morning, just once a day but if I’m really having throat burn (heartburn), I use it again at night before bed. Use only as needed for triaging a flare. I do not recommend using aloe vera internally for long. Externally, no problem, great for skin healing!

Sodium Alginate

Thankfully we have more options nowadays in terms of alternate ways of healing reflux heartburn and rebuilding the stomach lining. I highly recommend either or both products below, under the supervision of a doctor, in conjunction with medicine, transitioning off prescription meds, and a way to prevent flare ups. May You Be Well!!

