

## Heartburn/Gastroesophageal Reflux Disease (GERD)

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Normally, the muscle at the bottom of the esophagus will control your food so that it stays in your stomach; however, GERD occurs when the contents ""back up" and can even go back up into the back of the throat. This can occur due to your normal body functions not working properly, the contents of the stomach are too acidic, or the food is not cleared out of the esophagus quickly enough.

**Aloe vera juice- Internal** Purposes: Aloe vera juice seems to be able to assist healing of the intestinal tract.

**Catnip, Fennel, Ginger, & Marshmallow Root, & Papaya Tea- Internal** Purposes: These five herbs have been beneficial in ensuring good digestion and help to ensure that heartburn does not occur.

**Chamomile Tea-Internal** Purposes: Chamomile Tea is very soothing to the digestive system, as well as the esophagus.

**Deglycyrrhized licorice (DGL)- Internal** Purposes: DGL is the extract from the root of true licorice. Licorice is chosen for its multiple medicinal benefits including peptic ulcer healing, anti-inflammatory, antimicrobial, & antioxidant properties.