



Reflux, GERD, Heartburn...

How to assess and treat the patient not just the symptoms.

Jason Piken DC, CNS, PAK

*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Jason Piken DC, CNS, PAK

- In practice over 20 years on West 57th street NYC
 - Personally drawn into learning about digestion...WHY?
 - If you watching this webinar, you are just like me...
 - You really want to help your patients to be better!
- **Takeaways!**
 1. Think about treating patients that have reflux, not treating reflux
 2. The 3 major factors that are involved with every patient that has reflux
 3. Simple approaches that you can start right away that will help more patients



The REAL Cause of Reflux.....STRESS



Emotional Stress

- 1) alterations in gastrointestinal motility
- 2) increase in visceral perception
- 3) changes in gastrointestinal secretion
- 4) increase in intestinal permeability
- 5) negative effects on regenerative capacity of gastrointestinal mucosa and mucosal blood flow
- 6) negative effects on intestinal microbiota

[J Physiol Pharmacol.](#) 2011 Dec;62(6):591-9.

Stress and the gut: pathophysiology, clinical consequences, diagnostic approach and treatment options.

[Konturek PC¹](#), [Brzozowski T](#), [Konturek SJ](#).



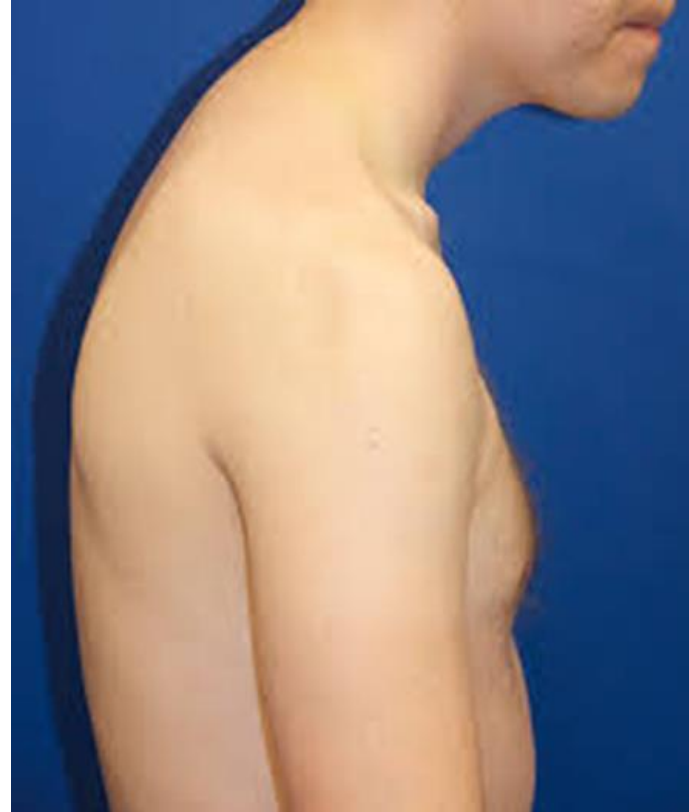
Chemical Stress

- Fatty Foods
- Gluten/Food Allergies/Food Sensitivities
- Grains/Starches
- Eating habits/Food combining/Late-Large meals
- Increased gastric pH
- Nutrient deficiency/insufficiency(Zinc/B12)
- Dysbiosis/H. Pylori/
- Autoimmune
- Medications



Physical Stress

- LES / decreased peristalsis
- Hiatal Hernia/diaphragm
- TMD
- Subluxation
- Thoracic Kyphosis
- Central Obesity
- PMC



Pepticaid

Benefits

- **Relieves symptoms of occasional indigestion** — including pain, bloating, fullness, and nausea — with artichoke leaf, GutGard, and ginger.*
- **Alleviates occasional heartburn**, with GutGard, which slashes symptoms of occasional heartburn by more than half.*
- **Strengthens the stomach lining**, with PepZin GI, which supports the growth and health of the stomach lining.*
- **Promotes daily regularity**, with artichoke leaf, helping alleviate occasional constipation and occasional diarrhea.*



Pepticaid

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Pepticaid§
PepZin GI®	75-150 mg	75 mg
Artichoke leaf extract	320 mg–1.9 g	640 mg
Ginger	250 mg–2 g	1000 mg
GutGard® DGL	150–300 mg	150 mg

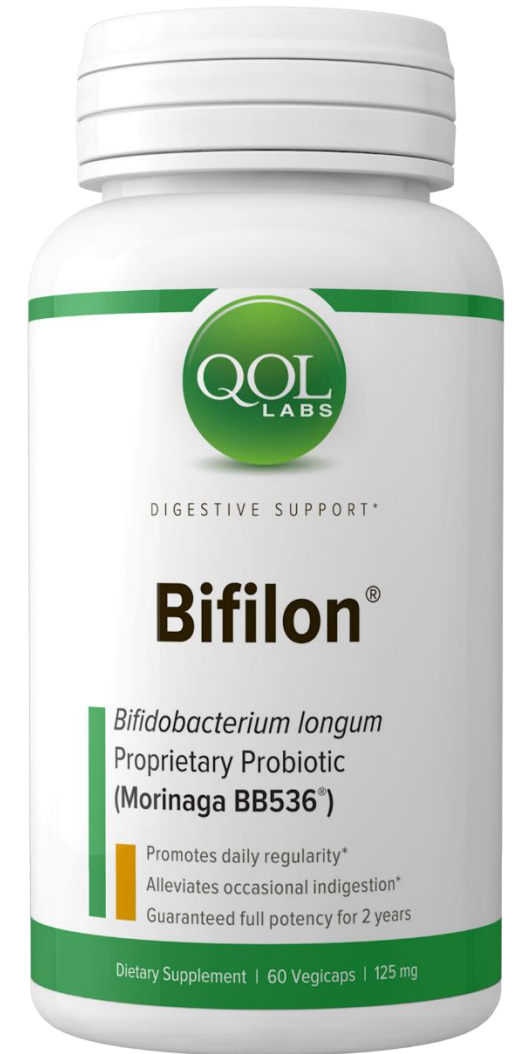
SUGGESTED USE : Take 1 vegicap three times daily with a meal



Bifilon

Benefits

- **Provides a natural defense** against episodic digestive upsets, including constipation, diarrhea, abdominal discomfort, gas, and bloating.*
- **Improves the bodily ratio of beneficial to harmful bacteria**, for healthier digestion.*
- **Decreases ammonia and putrefactive products** in the digestive tract.*



Bifilon

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Bifilon§
Morinaga BB536®	2–5 billion CFUs	10 billion CFUs

SUGGESTED USE : Take 2 vegicaps daily with meal.



Other treatment options

- Chiropractic, Acupuncture, Physical Therapy
- Diet
 - Food Combining, AI Paleo, Gluten Free, Yeast Free
- Stress Management
 - Therapy, Meditation, Exercise, Supplements, Medication
- 4R Program
- Traditional Medication



References

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Resources

Thank you for joining us today!

You can find ingredients and human research studies on QOL Labs products by visiting:
www.qollabs.com.

You can reach Dr. Piken by visiting:
www.innatechiro.com

