

# GERD Treatment Summary

## HOW WE APPROACH TREATING GERD

1. Reduce factors that promote bacterial overgrowth and low stomach acid.
  - a. Proton pump inhibitors (PPIs) and other acid-suppressing drugs, chronic stress, H. pylori or other GI infections, pernicious anemia, hypothyroidism, gastritis, and nutrient deficiencies.
2. Replace stomach acid, digestive enzymes, and key nutrients for digestion and health.
  - a. Acid replacement: Betaine HCl (not recommended if ulcers or gastritis are present or highly suspected), bitter herbs, or apple cider vinegar.
  - b. Digestive enzymes: Protease/pepsin, amylase, glucoamylase, lipase, ox bile, etc.
  - c. Nutrients: Depends on need but may include niacin, chloride, sodium, potassium, zinc, and iodine.
3. Restore beneficial bacteria and a healthy mucosal lining in the gut.
  - a. Using probiotics, prebiotics, fermented foods, etc. Consider supplements to aid in GI mucosa healing like GI Revive or GastroMend from Designs for Health.

## SUMMARY TABLE

<b>STEP ONE</b>	Identify & address SIBO & other pathologies	Transition patient off acid-suppressing drugs	Consider low-carb, low-FODMAP, or low-FP diet
<b>STEP TWO</b>	Replace/stimulate stomach acid	Replace/stimulate bile & enzymes	Replace nutrients required for acid, enzymes, bile
<b>STEP THREE</b>	Restore gut ecosystem	Repair gut mucosal lining	