

TOP 11 MYTHS - BUSTED

MYTH BUSTERS OF THE ACID WATCHER DIET

1. START EVERYDAY WITH LEMON WATER

Over the past 10 years it has been shown that pepsin, an enzyme normally located in the stomach which breaks down protein in an acidic environment, can "float" and is found in other areas of the body such as the throat, vocal cords, tongue, sinuses, ears, lungs and esophagus. Pepsin only gets activated when exposed to acidic surroundings (most active at pH less than 4). So when one eats or drinks a very acidic substance (e.g. lemon, vinegar, wine, tomato, sugary soda or bottled iced tea) what you eat starts eating you. Remarkably, it was just shown that the injury from acid reflux is not a superficial injury that then goes to the deep tissues. It's actually the reverse: an acid injury causes a body-wide inflammatory response - so the entire body gets inflamed from an acidic substance.



2. APPLE CIDER VINEGAR IS A GREAT NATURAL TREATMENT FOR ACID REFLUX DISEASE.

Vinegar, in any form, is very acidic and, like lemon water, will activate pepsin and cause body-wide inflammation.

3. TOMATOES ARE THE BEST SOURCE OF LYCOPENES, SO I NEED TO EAT THEM FOR MY HEALTH.

Lycopenes are among the most potent natural anti-inflammatory agents. However, there are better choices for lycopene that don't have the acidity of tomatoes. As it turns out watermelon has a greater concentration of lycopenes per unit weight than tomato - so it is actually even better for prostate health than tomato. Cucumber also has a great deal of lignans which also have powerful anti-inflammatory properties.



4. YOU CAN CHANGE THE PH OF YOUR BLOOD BY WHAT YOU EAT.

NO WAY, Unless you have kidney failure, what you eat will never affect the pH of your blood. The body tightly regulates your acid base metabolism to keep the pH of your blood at 7.4.

5. HARD ALCOHOL IS WORSE THAN WINE AND BEER FOR ACID REFLUX SUFFERERS.

Wine, especially white, is very acidic (pH 3.3), as is beer. Vodkas of the Potato (Chopin, Spud, LIV (Long Island Vodka), Balls) and Corn (Tito's) based varieties are in the pH 5 range so they are less acidic than beer & wine. Agave-based spirits such as tequila are also above pH 5.



6. ACID REFLUX SUFFERERS CAN ONLY DRINK PLAIN WATER.

Watermelon and cucumber are excellent anti-inflammatory foods that can be added to water. (See #3)

7. ACID REFLUX SUFFERERS SHOULD NOT CONSUME BERRIES.

"Naked" berries (blackberries, blueberries, strawberries, raspberries) are indeed acidic, however you can neutralize the acidity of berries in a smoothie with either almond, soy, rice or coconut "milk".



8. IF YOU DON'T HAVE HEARTBURN, YOU DON'T HAVE ACID REFLUX.

Acid reflux is not only about what comes up from the stomach but also what comes down from the mouth when one eats or drinks acidic substances. (See #1 on pepsin). In fact, when one has a lot of acid reflux, the surrounding tissues of the stomach and esophagus get inflamed, and when tissues get inflamed they become numb, so you feel nothing. If you have had heartburn for a while and it suddenly "goes away," don't rejoice. Get yourself to a doctor to have your esophagus examined.



9. MY DOCTOR TOLD ME I NEED TO HAVE AN "ENDOSCOPY" (A PROCEDURE THAT EXAMINES MY ESOPHAGUS, STOMACH AND SMALL INTESTINE)- AND THAT I WOULD HAVE TO BE SEDATED OR KNOCKED OUT FOR THE PROCEDURE.

NOT TRUE. There is a way to perform endoscopy of the esophagus with the person/patient awake. It's called TNE, or TransNasal Esophagoscopy. In a TNE, a thin camera the size and softness of a piece of spaghetti is placed via the nose to examine the throat and esophagus. By going through the nose - as opposed to going through the mouth as is done during traditional exams of the esophagus - we can avoid the powerful gag reflex at the back of the throat.



10. CAFFEINE AND CHOCOLATE ARE ACIDIC.

Caffeine & chocolate have a pH close to 6. Caffeine & chocolate has physiological effects that can cause inflammation such as loosening the lower esophageal sphincter and increasing acid production by the stomach.

11. THE ACID WATCHER DIET IS ONLY USEFUL IF YOU HAVE ACID REFLUX DISEASE.

Per Item 1, the Acid Watcher Diet helps relieve inflammation throughout the body - not just the vocal cords, throat, esophagus & stomach.

12. WHAT ARE THE ACID REFLUX "DIRTY DOZEN"?

