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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Get Heartburn, Indigestion and Ulcer Relief Using DGL**

**By Rudy Silva**

In the 1940's licorice was discovered to be useful in treating peptic ulcers. Unfortunately it had side effects that lead to high blood pressure, potassium loss, and fluid retention.

Researchers discovered that the ingredient in licorice that caused those side effects was "glycyrrhizin." They were able to remove 97% of this chemical and the result was a product call "deglycyrrhized" licorice, DGL. DGL maintained its healing properties but had no side effects.

DGL was first used to heal ulcers in the stomach and duodenum without suppressing stomach acids. DGL worked just as good as the drugs Zantac or Tagamet that are designed to suppress stomach acid.

As more people used DGL, they found they got relief from a variety of stomach issues – heartburn, acid reflux, indigestion, bloating, and gas. In addition, they found using DGL was better than using antacids or acid blockers.

DGL works by improving and restoring the integrity of the esophageal, stomach and duodenum lining. It does this by promoting mucus release and cell rebuilding. The mucus released provides gastrointestinal lining protection from acids and gives the lining time to rebuild and regenerated. The result is healing and strengthening of the affected tissue.

Here's how to use DGL. DGL comes in large tablets that you place in your mouth and allowed to melt. You can chew them slightly but not swallow them since it is your saliva that helps activate the DGL.

By allowing DGL to melt in your mouth the resulting liquid will now run along your esophagus and start the healing process where ever there is tissue inflammation or damage.

Use two tablets 3–4 times a day on an empty stomach. Do not use any water when you are taking the tablets. You can take the tablets at least an hour before you eat and an hour after you eat.

Although DGL provides relief for heartburn, acid reflux and other stomach disturbances it does not

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totally provide a cure. It does provide recover from damaged gastrointestinal lining as occurs with ulcers, but does not change the level of stomach acid.

In some cases Heartburn is caused by too little or too much stomach acid. When too little acid is causing heartburn or acid reflux it makes no sense to use antacids or acid blocking drugs which decrease your stomach acid even more. Low levels of stomach acid leads to serious illnesses.

Because so much is still unknown about the cause of acid reflux or heartburn, it is known that DGL can give you some acid reflux relief and in some case mild cases cure it.

Use DGL for mild or severe cases of heartburn or acid reflux and you will be surprised at the results you get.

Rudy Silva is a Natural Nutritionist. For more tips and information on Acid Reflux and Heartburn go

now to his site:

<http://www.acidreflux-relief.info>

### **The Causes Of Indigestion & Heartburn (& The Cure!)**

**By Alan Moore**

For most people, heartburn and indigestion are interchangeable, and if asked they will reply that they either have heartburn, or indigestion. This is not the case however as heartburn and indigestion are not interchangeable. The symptoms and causes of indigestion might be the same, or similar, as those of heartburn, just as the treatments might also be similar as well, but heartburn can sometimes be caused by indigestion, while indigestion can't be caused by heartburn.

The largest and most common causes of indigestion generally tend to be related with food. If you suffer from indigestion, then you will know that the first rumblings of indigestion will normally follow a meal. In general a large meal will cause an almost immediate onset of indigestion, whilst even a small meal can wreak the same havoc if containing a lot of spicy foods.

Conversely, irregular meals can also be one of the causes of indigestion. Going too long between meals allows the acid in your stomach to remain unneutralized for a longer period of time, thereby giving it more time to cause trouble. Regular food intake on the other hand will neutralize the acids for a short period of time, allowing your body some much needed respite.

Many causes of indigestion can be found if you just look hard enough, and high on the list next to food, comes the two most common culprits to be found at the root of many complaints. Stress, and Anxiety. In today's hectic twenty-four hour workaday environment, stress and anxiety are very difficult to avoid.

Another cause of indigestion arising almost directly from stress and anxiety, is the modern tendency to

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`pop a pill' when you need to keep pushing your body past its limits and it, naturally enough, starts protesting. All those pills we quaff down without a single thought will also take its toll on your body, and give rise to indigestion.

For the more unfortunate person who suffers from arthritis, the anti-inflammatory pills that they are prescribed will also eventually give rise to indigestion.

A more relatively unknown, and unseen, cause can arise from a peptic ulcer. This occurs when the mucous lining the stomach wall becomes damaged, exposing the stomach wall, and subjecting it to the stomach acids. Here again Stress and Anxiety are the two best friends in the causes of indigestion.

If you're pregnant, chances are that you'll have indigestion. Nothing much can be done about it except to be as careful of your diet as possible, and wait patiently to birth your baby.

Many are the causes of indigestion, and many are the people who suffer from indigestion. It can be said quite frankly that if you just tweak your lifestyle a little bit here and there to eliminate all, or most, of the causes of indigestion in your life, you would undoubtedly be a happier person.

Alan Moore is a publisher of high quality audio and e-books. If you do suffer from heartburn, go to

[http://www.nichepublishers.com/The\\_Heartburn\\_Cure.htm](http://www.nichepublishers.com/The_Heartburn_Cure.htm)

for the latest advice about how to prevent

heartburn.



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