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| Weaning off Antacids Protocol |  |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Week 1** | Take the recommended natural antacidContinue with prescription antacid at the same dose |  |  |  |  |  |
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| **Week 2** | Continue with natural antacid at same doseDecrease prescription antacid by one quarter to one half |  |  |  |  |  |
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| **Week 3** | Continue taking natural antacid at same dose & start to take natural HCL supplement with mealsContinue taking the half dose of prescription antacid but every other day to every third day |  |  |  |  |  |
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| **Week 4** | Continue with natural antacid & HCL supplement before mealsCompletely stop your prescription antacid!! |  |  |  | Natural Antacid Supplements: DGL, Aloe, Marshmallow, Zinc Carnosine (Gastric Repair Complex, Zinlori)Natural HCL Supplements:Apple Cider Vinegar, Gentian, Dandelion, Betaine HCL (Metagest, Standard Process) |  |
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| Goals | No heartburn!You should feel no symptoms of reflux or heartburn at the end of the protocol however, some people may need to either speed up or slow down the protocol. | No side-effects of Prescription Drugs!Chronic use of Protein Pump Inhibitors can cause nutritional deficiencies, increased risk of infections, organ damage, metabolic effects on bone density, and much more.  | Healthy functioning digestive systemCreating the best digestive environment for healthy functioning of systems across the entire body!  |