

# Weaning off Antacids Protocol

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Take the recommended natural antacid Continue with prescription antacid at the same dose					
Week 2	Continue with natural antacid at same dose Decrease prescription antacid by one quarter to one half					
Week 3	Continue taking natural antacid at same dose & start to take natural HCL supplement with meals Continue taking the half dose of prescription antacid but every other day to every third day					
Week 4	Continue with natural antacid & HCL supplement before meals Completely stop your prescription antacid!!					
					<p><u>Natural Antacid Supplements:</u> DGL, Aloe, Marshmallow, Zinc Carnosine (Gastric Repair Complex, Zinlori)</p> <p><u>Natural HCL Supplements:</u> Apple Cider Vinegar, Gentian, Dandelion, Betaine HCL (Metagest, Standard Process)</p>	

## 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 system

Creating the best digestive environment for healthy functioning of systems across the entire body!