

Medications available today are quite successful in treating the symptoms of heartburn. Unfortunately, regular use of these medications reduce the acid levels in the stomach to the point where proper digestion is compromised and food born germs slip by this line of defense and can cause illness. Interference to normal digestion can lead to any number of health problems from osteoporosis to arthritis to cancer.

Acid reflux medication often does not address the cause of the problem, which is a malfunction of the muscular valve that is supposed to keep the acid in the stomach where it belongs. All muscles in the body are controlled by nerves. Some nerves control these muscles directly and other nerves influence the function of the muscles by regulating the blood flow supplying oxygen to the muscles. All of these nerves originate from the spine or are closely linked to the spine.

Malfunction of the spine can change the way these nerves function, thereby changing the way the muscles function that are supplied by these nerves. In a recent survey of patients in our clinics who suffer from heart burn and acid reflux, 76% noticed improvement in their symptoms within just a few weeks of chiropractic care. Over a third noticed dramatic improvement. One of my patients informed me that by maintaining regular chiropractic care, she saves well over \$100 a month in heartburn medication cost.

While medication can effectively control the symptoms of heartburn, it is always best to correct the cause of a health problem. If you suffer from heartburn, have someone press firmly on the spinal bones between your shoulder blades. If you notice that some or all of these bones are tender to pressure, then you may have a spinal problem that can be causing malfunction to the stomach valve. Chiropractic may be the solution you are looking for.