

Trees of Olive[®]

Permanent Cure for Heartburn and Acid-Indigestion?

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Is there a permanent cure for heartburn and acid-indigestion? Secondly, why is it that so many people today are plagued with constant, and even severe, heartburn and acid-indigestion?

Let us take a moment and study the human body. The human body is perfectly designed of the Lord God to be in perfect balance with nature, and is to be properly nourished with a perfect, balanced diet of **“acid and alkaline ratio of various good foods.”** There are some foods that are acid-forming to the human body, and there are some foods that are alkaline to the human body. If there is an imbalance of the selection of foods that we chose to eat then there could be heartburn and acid-indigestion. Too much acid-forming foods will bring forth heartburn and acid-indigestion, and too much alkaline foods can cause different health problems, especially in slowing down the digestive system. Everyone needs both good, healthy **“alkaline foods,”** and also good, healthy **“acid foods”** in their diet because nature is perfectly designed this way. In order to prevent heartburn and acid-indigestion everyone must become aware of the many different foods that are **“acid-forming”** to the human body, and of the many different foods that are **“alkaline”** forming to the human body; and they must do things to try to have a perfect balance in the selection of their foods at each meal, even to have more alkaline foods than acid foods.

Acid Forming Foods - The list of the acid forming foods are: acid-type sweeteners such as white cane sugar, brown sugar, corn syrup, fructose, rice syrup and malt syrup; and all grain products, breads, bagels, pastas, breakfast cereals, most beans, many different types of nuts, meats, fish, poultry, cheeses, eggs, butter, margarine, most oils, and especially all types of junk foods. Also, most **“sweetened drinks”** are acid-forming foods, even if they are fruit juices, because most fruit juices contain some

form of negative, acid-forming sweetener. The added acid-forming sweeteners in the fruit juices cause the juice to become acid-forming to the body.

Alkaline Forming Foods - The listing of alkaline foods are: green, leafy vegetables, mostly all vegetables, root vegetables, olives, fresh fruits, tropical fruits, berries, cherries, whole milk, buttermilk, non-sweetened wines, many teas and apple cider vinegar. Fruits have “**fruit acids**” in them, yet the fruit acids are “**alkaline**” to the human body.

Important note: Oranges and mostly all fruits are alkaline forming to the human body, yet many brands of orange juice and many fruit juices can be highly “**acid-forming**” because many brands of orange juice and many fruit juices on the market today have some type of “**acid-forming sweetener**” in them, even though some fruit juices may say no sugar added on the containers. Lemons are also alkaline to the body, yet lemons mixed with any type of acid-forming sweetener can cause the lemon juice drink to become acid-forming in the body. Select the proper type of juices; and better still, buy whole oranges, tangerines, lemons, and other good fruits and enjoy eating them in their natural, raw, ripe state.

If a person ate a bagel at an early breakfast meal with no alkaline foods the person would more than likely have heartburn around noontime because the bagel is an acid-forming food (it is a grain product). On the other hand, if a person ate a bagel for breakfast, as well as had some green, leafy vegetables, such as raw spinach, or such vegetables as celery, or some other types of “**alkaline-forming**” foods along with their bagel, they would more than likely not get heartburn, nor suffer from any type of acid-indigestion because there would be a “**perfect balance**” of acid-forming foods and alkaline-forming foods in their breakfast meal. Learning what foods are acid-forming and what foods are alkaline-forming to the human body, and by always selecting some alkaline foods for each meal, this will more than likely help to prevent a person from ever having acid-indigestion and heartburn.

Today many people eat on the go, and they are eating a lot of junk foods (negative, acid-forming foods), and they are not enjoying plenty of alkaline foods such as raw and cooked vegetables, especially green, leafy vegetables, root vegetables and other types of vegetables, as well as plenty of raw, good fruits. Because of these many things, many people today are suffering by having constant and severe heartburn and acid-indigestion, and their overall health is suffering.

Plagued by heartburn and acid-indigestion? In addition to the selecting of good, balanced foods, do an experiment on your own human, physical body if you are plagued by constant heartburn and acid-indigestion. Buy some raw spinach (or even raw broccoli, or raw watercress) and juice it in a juice extractor. Put the extracted juice into small, one ounce containers and freezer these containers. If you ever get heartburn and have acid-indigestion take one ounce of the raw vegetable juice and mix it with a little water and drink it. I would say that most people will experience total relief from their heartburn and acid-indigestion within less than one hour after having drunk this vegetable juice mixed with a small amount of water. If the person does not have raw spinach juice (nor a juice extractor), they could get some raw spinach, or raw celery, or any raw, green leafy vegetables, and just chew on it; this will also help to relieve the heartburn and acid-indigestion. The alkaline quality of the green, leafy vegetable will help to neutralize the acid in the acid-forming foods; it will help to provide “**balance**” to the physical, human body. Additionally, raw spinach, and many raw vegetables, and many other types of vegetables contain many vital nutrients for the body.

Raw Celery - Buy and enjoy chewing on raw celery. Raw celery has many great health benefits, including in that it can help to neutralize acid. Do research on the many health benefits of eating and enjoying raw celery. Eating at a restaurant and the meal is mostly acid-forming foods? Order some raw spinach or raw celery along with your meal. Enjoy chewing on the raw spinach or celery, especially after your meal. A person could also enjoy chewing on raw celery during throughout the day.

Medical Note: There could be many other reasons why a person may be suffering from constant acid-indigestion and heartburn. For example, constant worry, fear, stress and anxiety can cause many health problems, as well as spiritual and mental problems. Also, there could be a medical problem whereby a person may be experiencing constant acid-indigestion and heartburn that must be looked into and taken care of. Take the time and take proper care of yourself and find out the reasons why such conditions exist instead of just treating the symptoms. This article is not written for any type of medical guideline; rather, this article is written to help men and women know the importance of being in perfect balance and in perfect harmony with the “**Laws of Nature**” in the area of food and drink, as well as in the area of their own physical body.

Take Proper Care of Your Body, Mind and Spirit: Do indeed take proper care of your physical body, and of your mind and spirit, and also of every area of your life. One of the many ways in which an individual is to take proper care of his/her physical body is to always remember what foods are acid-forming and what foods are alkaline-forming to the human body, and to always have and maintain a perfect balance of good, acid-forming foods, and good, alkaline-forming foods in their selection of the different types of foods that they buy, prepare and eat - for each meal. Also, it is very important to always have and maintain perfect peace, love and perfect balance in every area of one's life at all times, including within one's home, and at one's place of work, and in society, and throughout this Earth.

Most important, a person must be at perfect peace with the Lord God, and must have perfect love, obedience and faith in the Lord God and in his Holy Word and Holy Laws, and must be at peace with oneself, and also try to be at peace with others. Live a peaceful and stress-free life here on this physical Earth in and unto the Lord God at all times.
