

Catherine M. Gurski, ND, MSOM, L.Ac.
1962 NW Kearney, Ste. 102
Portland, OR 97209
www.drgurski.com

STOP HEARTBURN

1. Melatonin 5 to 6 mg daily but can also be taken at night. This dose shouldn't cause drowsiness. I recommend Pure Encapsulations (MEL24) at Emerson Ecologics wellevate.me
2. L-Glutamine 2000 mg in the morning and 2000 mg at night. I recommend Pure Encapsulations (GLU57).
3. Magnesium citrate, chelate or oxide 300 to 500 mg at bedtime. I recommend Thorne Magnesium Citrate (T34029), Vital Nutrients Triple Mag (MAG37) and Douglas Labs Chelated Magnesium (MAG29).
4. Digestive Enzymes as directed before meals. I recommend BioZyme by Integrative Therapeutics (BIOZ3). Take 2 tabs before meals.
5. A quality multi-mineral vitamin. I recommend PhytoMulti without Iron by Metagenics. Take 2 caps with food daily (M29037).
6. After the protocol has been followed for 5 weeks then add a quality Probiotic. I recommend the following: Klaire Labs Ther-Biotic Complete (THER4), Integrative Therapeutics Probiotic Pearls (PRO73) and soy & dairy free Pure Encapsulations Probiotic 50B (P13770).
7. Avoid these foods: Caffeine, Chocolate, Citrus & Tomato, Onions, Garlic, Fatty & deep-fried foods, Alcohol, Carbonated drinks, Spicy foods, Tobacco, Peppermint (*in some protocols this may aid gastric emptying). Add Stress Reduction techniques and enjoyable exercise 3 to 5 times a week. Ensure at least 8 hours of quality sleep.
8. It is essential to see your health care primary care doctor before starting any new health program and rule out other problems such as but not limited to cardiac problems, Sibo, Dysbiosis, Food Intolerances and Sensitivities, H-Pylori, Hypothyroidism, Eosinophilic Esophagitis, Metabolic Syndrome and Hormone Imbalances.
9. Remember to always Be Well, Dr. G.

*Set up an account at wellevate.me or go to www.drgurski.com and click on the Butterfly to be directed to the registry page.