



"Primary Care Naturally"

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Antacids, Your Thyroid and Your Bones: What You Should Know!

By Allison Novins, ND

Are you taking antacids such as that little purple pill, Nexium, for acid reflux? Not only do antacids *not* solve heartburn problems but they can also interfere with your thyroid medication, and the digestion of proteins, B vitamins and most minerals. What's more, antacids actually increase bone loss!

If you are taking any form of antacid you are essentially reducing stomach acid which is required to absorb thyroxine (T4) (and vitamins and minerals). Italian researchers discovered that people with low stomach acid secretion who are taking the prescription medication thyroxine required 22% to 34% more thyroid hormone than those with normal secretions. (If you do continue to use antacids, it is a good idea to separate your antacids and your thyroid medication by 2 to 4 hours; for long-lasting antacids, this may not work.) As if that weren't enough reason to find an alternative to antacids, a recent study published in JAMA found that if you have been taking antacids for more than a year you have a 44% increased risk of breaking your hip.

The solution, of course, is a simple: fix your digestive system with the use of hydrochloric acid and digestive enzymes in three easy steps.

1. Add a natural thyroid support formula to your supplement regimen. This formula should contain iodine and other minerals to boost your thyroid performance.
2. Take 2 digestive enzymes 5 minutes before each meal to upregulate your digestion.
3. Take a probiotic with meals to improve intestinal flora.
4. Avoid all dairy and gluten products. A high percentage of the population is intolerant to dairy and gluten containing grains. I have seen some amazing results when people abstain from dairy and gluten products. Casein (found in dairy) and gluten are proteins that are extremely difficult to digest. Be diligent when abstaining from dairy and gluten because just one meal or a snack containing either one can have lingering effects that may last up to six weeks.

You owe it to yourself to take control of your health and well-being. By eliminating the use of antacids, you will improve thyroid function, protect your bones, and feel so much better! In fact, why not include the whole family on these diet changes? Call or stop into Snohomish Naturopathic Clinic to find out more about how to get your digestion back on track!