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Nature's Answer To Indigestion, Heartburn, Acid Reflux, Peptic Ulcers And Gastritis

If you regularly suffer from indigestion, heartburn or acid reflux, mealtimes can become a source of stress... each time you eat you're left wondering whether, or more likely when, the painful cramps, bloating, wind, belching, pain in the chest and nausea are going to start.

Reflux is one of the most frequent causes of indigestion and heartburn. It happens when partially digested food and acid from your stomach leaks back up through your oesophagus. Normally your sphincter, a muscle at the join between your oesophagus and stomach, tightens up to stop acid and food coming back up out of the stomach. Reflux occurs when the sphincter isn't working properly or when the stomach is very full, such as following a large meal.

The oesophagus can cope with a small amount of stomach acid, and most of us experience acid reflux from time to time as heartburn or indigestion. However, regular bouts increase the likelihood of peptic (stomach or gastric) ulcers developing or gastritis (inflammation of the lining of the stomach). It can also damage the sensitive lining of your oesophagus and puts you at increased risk of oesophageal cancer – a once-rare and very deadly form of the disease, which has seen a dramatic rise in recent years.

That's why it's vital you get checked by your doctor if indigestion and heartburn have become an everyday occurrence, rather than automatically reaching for antacid medication which could mask a more serious problem.

Heartburn drugs come with a long list of harmful side effects

Doctors routinely prescribe proton pump inhibitor drugs (which block acid production) for indigestion, heartburn, acid reflux and gastritis. While they help alleviate symptoms and provide a short-term fix, they are not intended for long-term use... and with good reason. They can cause diarrhoea, skin reactions and headaches.

Over time, as these drugs suppress stomach acid, they may trigger a rise in skin ageing, osteoporosis, gastrointestinal upset, infection and more. Chronically low levels of stomach acid can also leave you unable to absorb nutrients from the food you eat. In addition, some researchers believe there may be a link between low stomach acid and asthma, depression and allergies.

Yet, despite this there is worrying evidence that they are being prescribed for long periods of time.

Liquorice can help end the misery of ulcers and digestive problems – for good

Fortunately a safe and effective alternative exists in the form of liquorice (*Glycyrrhiza glabra*). Liquorice has been used for centuries by traditional healers to help ease a number of digestive complaints, including gastritis, heartburn, indigestion and peptic ulcers.¹ In Traditional Chinese Medicine, liquorice has a long history of use as a demulcent (coating agent) to help soothe the digestive tract, calm stomach spasms and ease abdominal pain.

This is backed up by modern research which has found that liquorice helps strengthen the mucosal lining of the stomach, making it ideal for ulcer protection. It has also been found to benefit the digestive system by increasing the lifespan of intestinal cells, improving blood supply to the intestinal lining, and enhancing

emptying of food from the stomach.

Liquorice may also help prevent gastritis developing into a peptic ulcer. Most cases of peptic ulcers, like gastritis, are caused not by excess acid, as many people mistakenly believe, but rather by an infection with the bacteria *Helicobacter pylori*.

In its early stages *H. pylori* infection may only present with gastric inflammation. If this is treated with regular antacids the infection does not go away but the symptoms may be eased. This can have a detrimental effect as nothing is being done to address the underlying infection which continues unabated in the body. Eventually, an ulcer may develop.

Fortunately, liquorice has been shown to fight *H. pylori*, even drug-resistant strains that are extremely tough to beat.^{2,3} Naturally-occurring antioxidant compounds, known as flavonoids, in liquorice, not only inhibit the proliferation of the *H. pylori* bacteria but also stimulate the healing of an inflamed gastric lining.^{4,5}

LiqoChew provides all the benefits of liquorice with none of the potential risks

However, it's important that you only take liquorice in its deglycyrrhizinated form. The reason for this is that, in its original form, liquorice can cause a drop in the level of potassium circulating around the body, which in turn can trigger a rise in blood pressure. Analysis of liquorice root has confirmed that the adverse effects on blood potassium levels and blood pressure are solely due to its naturally-occurring glycyrrhizinic acid (glycyrrhizin) content.⁶

Fortunately, a simple extraction process is all that is required to remove the potentially harmful glycyrrhizin to produce a safe liquorice root product. LiqoChew is a supplement that delivers all the

healing benefits of liquorice in a safe form known as deglycyrrhizinated liquorice.

In one study, high dose deglycyrrhizinated liquorice reduced ulcer size in 78 per cent of patients, and brought on complete healing in 44 per cent of the gastric ulcer patients.⁷

In comparative studies, deglycyrrhizinated liquorice has been shown to be more effective than antacids for healing gastric ulcers and preventing their recurrence.^{8,9} Rather than inhibiting the release of stomach acid like conventional antacids, deglycyrrhizinated liquorice appears to act by improving both the quality and quantity of the protective substances that line the stomach and intestinal tract.

Similar, encouraging studies have been performed in cases where aspirin and non-steroidal anti-inflammatory (NSAID) drugs have caused gastric erosion and ulceration. The use of deglycyrrhizinated liquorice in such cases was shown to significantly improve symptoms.^{10,11}

What to take for best results

LiqoChew supplies 400mg of natural liquorice root in the safe, deglycyrrhizinated form, in a convenient chewable tablet. To obtain the best results, it's important that you chew the LiqoChew tablets, as the liquorice root becomes activated by mixing with your saliva. Chew one to two tablets of LiqoChew, 15-20 minutes before, or between, each meal (on an empty stomach). Pregnant and breastfeeding women should not take this product without consulting with their doctor first.

[Urgent information: Prescription drugs have long been seen as the answer to treating chronic illnesses like heart disease, diabetes and dementia. But this recent report shows that modern medicine might not have all the answers after all...](#)

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