

Diana Stobo's

Upset Stomach Guide

**7 Natural Remedies For
Relieving Heartburn, Acid
Reflux And Indigestion
Without Medication**



I promise to always bring you my best knowledge and most loving guidance so you can feel empowered to live with health, vibrance and beauty every single day!

Diana Stobo



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1. Who is Diana Stobo?

Diana is a raw-food and juicing expert, weight-loss specialist, holistic health practitioner, and mind-body nutritionist.

She is living proof that transitioning to a healthful diet can help you lose weight, gain energy, heal your body, and look younger and more vibrant. As a 50-year-old mother of 3, Diana looks and feels better than ever before. Diana is living proof that eating LIVE brings you a life of health, vibrance, and beauty.

2. What exactly is Diana Stobo's "UPSET STOMACH GUIDE"?

It is a downloadable ebook that explains natural remedies for upset stomach and heartburn.

3. How will it help me?

By following the tips in this guide, you can avoid slow-working pills and chalky chewables by trying foods and drinks that fix a burning or bubbling stomach just as effectively as medications.

4. How do I know if it's right for me?

If you are in general good health and want to ease occasional heartburn and stomach pain caused by stomach acid or gas, then this guide is right for you.

The information in this eBook is true and complete to the best of the author's knowledge. All recommendations are made without guarantee on the part of the author.

The author disclaims any liability in connection with the use of this information. Individuals with serious health problems or conditions should consult a physician before following the advice contained herein. The contents of this book are not intended to take the place of professional medical advice and treatment, if needed. The author does not dispense medical advice herein.

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Introduction

So many people suffer from acid reflux, also called heartburn. It can be so painful that sometimes people mistake it for a heart attack! If acid reflux is a constant occurrence that is left untreated it can cause scarring, ulceration, and hemorrhaging.

Do not despair! A few simple improvements in your diet and lifestyle habits can help prevent the problem.

First of all, alcohol, cigarettes, and coffee are the top culprits of acid reflux. So cutting those down or eliminating them will improve your symptoms greatly. Then up your intake of live foods that contain living enzymes, like cold-pressed juices, raw fruits and vegetables, and fresh salads. And before you start taking that little purple pill or chewing on antacids, try these natural remedies for instant relief.

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7 Natural Remedies for Relieving Acid Reflux

1. Change your salt

Get rid of that cheap table salt and replace it with pink Himalayan sea salt. High-quality salt helps your body create the right amount of hydrochloric acid. Often low acid production and high acid production have the same symptoms. Consuming a good salt is an easy way to prevent acid reflux by helping your body balance its acid level. You can even buy Himalayan sea salt in individual packages and carry them with you when you eat out.



Image courtesy of Pure Himalayan Salt on amazon.com

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2. Eat more fruits & vegetables

Processed foods, refined sugars, and refined, enriched flours are a sure way to create imbalance in your stomach and intestines, often exacerbating acid reflux symptoms. Replacing a snack of processed food with a piece of fresh fruit is a great start. Slowly add in more fresh organic fruits and vegetables, either in juices, smoothies, or salads.



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3. Take a digestive enzyme supplement

If you are not ready to go 100% Naked, that is okay. Just remember that cooked food loses its enzymatic properties, so you need to get enzymes through raw produce or a good digestive enzyme supplement. As we age, our body's natural production of enzymes slows. My own Digestive Bitters (available at <http://shop.dianastobo.com/diana-stobos-digestive-bitters/>) help your body create its own enzymes. You simply take 2 capsules before each meal.



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4. Drink raw, organic apple cider vinegar

Make sure you buy a high-quality, raw, organic apple cider vinegar; you want one that has “the mother” in it. It is usually that floating cobweb in the bottle, which is made up of the good bacteria. You can drink one tablespoon with a glass of water before meals. This calms the stomach, aids in digestion, and alkalizes the body. This is also a great home remedy for heartburn.



Image courtesy Bragg's Organic Raw Unfiltered Apple Cider Vinegar, amazon.com

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5. Try a little pickle juice or raw sauerkraut

One sip of the juice out of a jar of pickles or a spoonful of raw sauerkraut gives you instant relief. The acid in the vinegar helps your stomach neutralize the burning and the good bacteria gives you healthy, balanced intestines. And probiotics strengthen your immune system.



Image: <http://www.thekitchn.com/how-to-make-dill-pickles-cooking-lessons-from-the-kitchn-193350>

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6. Drink organic baking soda & water

Baking soda and water can give instant relief. Mix a spoonful of baking soda in a glass of water, stir, and drink before it stops fizzing. Some people even add a little vinegar and drink it while it's still fizzing.

Before you use this as a remedy, consult your doctor. It is not recommended for children under 5, those with high blood pressure, or people on a salt-restricted diet.



Image: <http://www.healthline.com/health/gerd/baking-soda#Overview1>

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7. Cleanse your body

I think a cleanse/detox is the best remedy for a slew of ailments. You can start with my 10-day Naked Challenge (available at <https://dianastobo.com/cleanses/>). You fill your body with live foods, which naturally cleanses your colon and liver. I also recommend habitual colonics because keeping your body running clean prevents imbalance, therefore preventing acid reflux.



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Additional Tips

You can treat yourself naturally without using over-the-counter medication or prescription medication. Those just treat the symptoms and do not get to the root of the problem. So many people complain that their acid reflux quickly returns after stopping their medication. On the other hand, I have had so many Naked Challengers stop taking their acid reflux medication after just 10 days and stay off it.

Food can be your medicine. The choice is up to you.

If you are symptomatic, join my [Naked Challenge](#) or purchase my [Digestive Bitters](#). Natural remedies are available and the results are immediate.