# #1 Fastest Way To Get Rid Of Acid Reflux in 5 Minutes (3-Step Protocol) Transcript

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## Introduction to the acid reflux remedy

If you are suffering from acid reflux problems or GERD issues or you have this burning in your chest and you are taking anti acid medications on a regular basis but still it is not getting better then today's video is for you because I am going to share with you an easy 5 minute remedy that you can do at home itself which is backed by science but is all natural that can help you in getting rid of acid reflux completely.

Hi, I am Dr. Anshul Gupta, a former Cleveland Clinic functional medicine physician from US. I help people improve their chronic diseases by making personalized functional medicine plans.

Well, I myself suffered from acid reflux problems. I was taking five different medications for it, but it was not getting better. That's where I realized acid reflux is not about your stomach making excessive acid.

## Why reflux happens and the root-cause approach

Actually, the problem is much more deeper. And that's the reason a lot of times the anti acids doesn't work or people are dependent on them forever. So basically what I did, I looked for the root cause of acid reflux problems and made a specific protocol that has helped several of my clients, including me, in getting rid of this acid reflux without any medications.

So I'm going to talk about this five minute remedy that involves three different steps. Very easy to do at home itself. Let's talk about step one. Step one is what I call as vagus nerve reset and pressure release in your stomach.

Vagus nerve is the longest nerve in your body. It supplies your gut and is responsible for controlling your digestion by controlling the release of stomach acid.

## Step 1: Diaphragmatic breathing for vagus nerve reset

Now whenever our body is stressed out because of physical stress or emotional stress, what it does is that it shuts the stomach acid production plus it also causes indigestion issues so the food doesn't get digested and it starts building more pressure in your stomach and that sets the stage for the acid reflux problem.

This is where a simple vagus nerve reset is needed so that you can start this digestive fire again and plus you need to get rid of this pressure build up in your stomach so you can feel better and for this the actual technique which the research study shows improves your acid reflux is called diaphragmatic breathing.

To do this technique you need one hand on your chest and one hand on your belly. And then you start a very slow inhale and you count till four seconds for this inhalation.

Make sure when you are inhaling, it is your belly which is expanding and not your chest. Then after that, you hold your breath for three seconds and now you exhale slowly through your mouth for the next six seconds.

And you are done with one cycle and then you repeat again. You inhale very slowly through your nose, your belly rises, not your chest. You hold the breath for three seconds and then you slowly breathe out through your mouth for the next six seconds.

So either you can count on your own, you can use your fingers to count it and that's it. This is called diaphragmatic breathing. You do three rounds of it.

It will hardly take you one to two minutes to finish these three rounds. But this technique will do two things. First of all, it is going to do vagus reset.

So your digestion is going to improve plus it is going to release that pressure from your stomach. So you'll feel less burning and less indigestion. Now let's come to the step two.

Step two is that magical drink which has helped me as well as a lot of my other clients. Basically this drink helps in soothing the stomach lining because the stomach lining is irritated because of that indigestion and inflammation in your stomach.

## Step 2: Fennel and aloe vera soothing drink

To prepare this drink you need fennel seeds or fennel powder then you need aloe vera juice without citric acid and preferably you can also use fresh aloe vera leaves also.

How to prepare this drink? You take one cup of warm water, not boiling water, not hot water. Basically, one cup of warm water, you add half a teaspoon of fennel seed powder into it.

Then you add one tablespoon of aloe vera juice. Again, very important, make sure it is citric acid free and if you can get fresh aloe vera, it works better.

And then you slowly sip this drink in the next two to three minutes. Make sure the drink is not very hot, either it should be room temperature or even slightly cooler.

Because your stomach is already irritated, the warm drinks are going to make it worse. The two ingredients over here, fennel seeds have been used in Ayurvedic medicine to lessen the irritation in the stomach.

Aloe vera in several research studies has shown that it has mucilage into it which coats your stomach lining and your esophagus lining. So you will see immediate improvement in that burning sensation and your irritation in your stomach will also improve.

So here you go the step two is done. Let's move on to the step three. The step three process involves stomach massages that improves digestion as well as moves the food forward which is stuck in your stomach that will release the pressure in your stomach as well as will also improve your symptoms.

Basically for this stomach massage, you need to sit upright. Then you need to take both of your hands and you need to move them in clockwise direction on your stomach.

But how do you move your hands in the clockwise direction? You move them around your belly button area.

## Step 3: Clockwise stomach massage

So just imagine your belly button to be the center of your stomach and all around your belly button in the clockwise direction very slowly you push your stomach with your hands very gently and start moving them in the clockwise direction.

Do this clockwise movement for 10-15 circles. Make sure the pressure on your stomach is not very hard. This is a very gentle exercise. The goal of this clockwise direction is to help stimulate digestion as well as improve the movement of your food throughout your GI tract because that causes trapped gas as well as leads to indigestion and irritation of your stomach.

This will hardly take you 45 seconds to 60 seconds to complete it, but very important. That's it. So this remedy is going to take less than five minutes for you to do, but you're going to see significant improvement for it.

So what is the best way and best time of using this remedy? So first of all, you can use it any time of the day, specifically the time of the day when you typically will feel more acid reflux, you should use this.

For a lot of people, it is the evening on the night time where you feel it. So you can use this remedy one hour after

your dinner. So again, it helps you in reducing the irritation as well as helps in moving the food forward and improving your digestion.

## When to use the remedy and safety disclaimer

If you feel more acid refluxy when you wake up in the morning, then you can use it in the morning also. This is the thing you can do first thing in the morning as soon as you wake up.

Start with your diaphragmatic breathing, then do that drink. that is going to coat your stomach, reduce irritation and then you do the stomach massages.

So that is going to help you to move your food forward. So today I have given you a powerful five minute reset of your gut, which is not going to help improve your acid reflux, but is also going to improve your gut health.

You are going to feel less pressure, less bloated, less gassy in your stomach also. Now as a medical disclaimer, I want to make sure that you are not replacing this advice against your medical advice.

If you have severe stomach pain, you have blood in your stools or you have severe nausea or vomiting, please see a local doctor and make sure you are working with him or her in improving your acid issues too.

So try this remedy starting tomorrow itself and let me know in the comment section what improvements you see in your gut health. I hope you like this video.

If you do, please like and subscribe to my channel so you keep on getting this kind of information in the future also. Plus share this video with others who can benefit from it.

Until next time, take care. Bye bye.