

Winer Wellness Center

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PAIN RELEASE CLINIC

Chiropractic

Myotherapy

Nutrition

DR. JAMES H. WINER

Director

ACID REFLUX(GERD) AND HEARTBURN

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Heartburn, Indigestion, and Acid Reflux are extremely common in the United States. Three of the twenty leading prescription medications: Nexium, Prevacid and Protonix, as well as many OTC(over the counter) non-prescription medications account for billions of dollars of sales annually in the U.S. These drugs merely attempt to treat the symptoms, and not the underlying causes of acid reflux. Ironically, these and other medications can actually CAUSE the very symptoms for which they are prescribed, including heartburn, indigestion, and diarrhea! Some meds, such as Cimetidine(Tagamet) interfere with the liver's ability to detoxify poisons, and pose a major risk if the patient is on other medications, including otc meds such as Tylenol, or if one consumes even a modest amount of alcohol. There have been fatalities reported in these situations. Some antacids contain aluminum, which is a poison connected to memory loss known as dementia or Alzheimer's disease. At the very least, the medications either stop production of stomach acid or neutralize, resulting in an abnormal pH in the stomach which decreases the ability to digest food and absorb nutrients, especially minerals. A recent study by the University of Pennsylvania showed a greatly increased risk of osteoporosis(bone loss) and bone fracture in patients that take antacids. Also, the stomach acid is a primary barrier for disease-causing organisms that enter via breathing, eating, or drinking beverages. Thus another recent study showed a great increase in digestive tract infections with frequent use of antacids. Two medical doctors won a recent Nobel Prize for showing that gastrointestinal ulcers are caused by a bacteria, helicobacter pylori, which flourish in the diminishment or absence of the protective stomach acid.

The symptoms of acid reflux may include: burning in the mouth or throat, especially after eating or lying down, chest pain, trouble swallowing(as if food is stuck in chest), and breathing problems, including asthma. Indigestion can sometimes be caused by a LACK of hydrochloric acid & digestive enzymes, whose production diminishes as we age. Also food sensitivity, or spices or overeating may trigger digestive problems, as well as fungal infections often caused by usage of antibiotics or prednisone or cortisone. PLEASE KEEP IN MIND WE ARE NOT TELLING YOU TO GET OFF ANY MEDICATIONS. Often exercise such as sit-ups or lifting heavy items can contribute to the problem, because one of the common causes of acid reflux is a displacement of the stomach known as hiatal hernia, where the stomach has herniated, or pushed up into the hiatus(hole) in the diaphragm muscle above it, causing opening of the sphincter that normally would keep the stomach contents in the stomach. Medications may stop acid production, but they do not stop the refluxing of your food up into the esophagus. A hiatal hernia is a mechanical problem, not a drug deficiency.

At the Pain Release Clinic we have successfully helped hundreds of sufferers of acid reflux with a simple maneuver to restore the correct positioning of the stomach and thus eliminate a frequent cause of GERD. You can call for an appointment or additional information, including testimonial letters from patients. We also recommend that you drink aloe vera juice to help in the healing of any burned esophageal tissue.

Martella Gastel
228 Wainwright Drive
McKeesport, PA 15132
June 4, 2005



Dr. James Winer, Director
Pain Release Clinic
1320 E. Carson Street
Pittsburgh, PA 15203

ACID Reflux
GERD

Dear Dr. Winer:

When my grandson was only a month old, he had to be rushed to the hospital. He had swallowed his own vomit, and had difficulty breathing. Following this episode, we had to watch him very carefully. We were told that he had gastro esophageal reflux disease (GERD), also known as acid reflux. We were told it was congenital.

Doctors cautioned that he had to sleep propped up, so that he would not swallow his vomit. He was unable to eat without developing pain and other symptoms. After trying a number of over-the-counter remedies, my daughter-in-law asked the doctor for more help. They provided a prescription of a liquid medication. We had to give the baby this medicine several times a day, and we were diligent about it. Failure meant a return of his symptoms, and the crying, constant coughing, and pain associated with it.

It became apparent that this drug was not working as well as we would like. The doctor said a new drug had just been released, and it would only require a once-a-day administration. It was much easier on us! The baby's symptoms abated. The first month, we had to buy the medicine. It cost \$250 for a 30-day supply! Later, our insurance company agreed to pay for it - but not everyone is so lucky. We had to go through a special process. However, doctors said that without this medication, the baby would require surgery. We all felt that we wanted a real solution. Doctors warned us that the baby's growth might be hampered since the drug interfered with the production of stomach acid - which you need to digest food.

One day my daughter-in-law heard Dr Winer's program on the radio as they were driving into Pittsburgh from their home in West Virginia. She called him about the baby's condition. He assured her that he could heal him in two visits. Although I am a great fan of chiropractics generally, even I was skeptical. Two visits? The baby had received a series of spinal alignments, and his symptoms were lessening - but he definitely still had GERD.

However, we all knew what we needed for the baby was to get him off the medication entirely, so we made an appointment to see Dr. Winer. The staff was very patient as my two grandsons, 2, and 1 (the GERD baby) tinkered with everything in the waiting room. When our turn came, Dr. Winer assessed the baby and told us he had a hiatal hernia. Of course, I recognized the symptoms and knew this to be true, but wondered why the doctors never mentioned it. Then Dr. Winer reached his hand into the general area of the spread between the baby's ribs, and did some adjusting. The baby was fine with this. Dr. Winer said he believed he had repaired the hernia, but asked that we return to have it checked.

We went home, and withheld medication from the baby. No crying! No coughing! He slept peacefully through the night, and ate anything with no problem. Later, Dr. Winer confirmed that the hernia was repaired. All of our lives have changed - but most importantly, little Cody can look forward to a lifetime of health instead of the hampered growth, asthma, and other difficulties doctors had warned us about!

Thank you, Dr. Winer!

Sincerely,

Martella Gastel

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Dr. James Winer
1320 Carson St.
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Hiatal Hernia
Acid Reflux

Dear Dr. Winer:

I am a 57 year old male who has only been in the Pittsburgh area since 1992. I started listening to you a few years ago, have called in to your radio program a few times and finally, somewhat, broke away from the medical model and came to your office for treatment. What a relief it was.

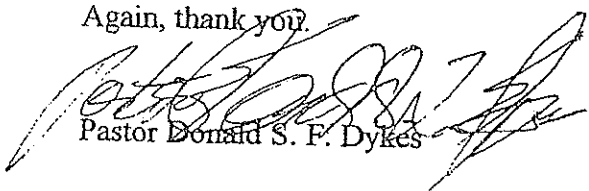
I had been suffering with a hiatal hernia and the evening before I came to see you I had left work almost in tears. It hurt that badly. I could hardly swallow, it seemed as if anything I ate went no further than my chest and my breathing felt as if my stomach was pushing into my lungs. I had eaten just a few sliced peaches for lunch that day and I was in misery.

I was in your office for about 30 minutes, including the waiting room time. After the treatment by your associate, I felt 100% better, a new person. Immediately after I left your office, my wife and I went out to eat. Upon swallowing the first bite I could feel it go all the way down into my stomach. I told my wife that she had no idea how good that felt.

Thanks so much, Dr. Winer. I'm sure glad that one day as I was surfing the radio dial, I stopped to listen to your program.

I also heard you on one of your programs give a procedure for stopping hiccups. I passed this on to my niece and a member of my congregation when they were having a severe episode of hiccups. They were both amazed at how quickly it worked.

Again, thank you.


Pastor Donald S. F. Dykes

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July 19, 2007

(2005 Hiatal Hernia Adjustment)

Dear Doctor Winer,

I have promised this testimonial letter for too long now; it's two years old. I call this testimonial my "praise report" and thank God for my visit to your office that day.

Besides getting the great vitamins and supplements, I come to your office for chiropractic adjustments. I had been coming periodically for maintenance adjustments. At the same time I had been suffering from what I now know as acid reflux disease for about six months. If I ate a late-night snack, I would awake with hot acid coming up my throat, choking me and almost suffocating me. I had some terrible episodes that kept me awake coughing and coughing trying to clear my throat of stomach acid. I heard the Tums commercials and started taking Tums each night before I went to sleep.

On a visit to your office for a maintenance adjustment, I casually mentioned my acid reflux problem to Therapist Herman. My appointment was over, but Therapist Herman took a few minutes and gave me a hiatal hernia adjustment, and I got immediate results. Therapist Herman adjusted me once more at my next visit. It's been over two years and I have never had another incident with acid reflux. I have since learned that we need our stomach acid, so if I have a nausea or an upset stomach, I just take a couple of ginger capsules. I hear you mention hiatal hernia adjustments on your radio program. I can testify personally the adjustment works - NO MORE TUMS FOR ME BECAUSE I NO LONGER SUFFER FROM ACID REFLUX DISEASE!

Thank you, Doctor Winer and thank you Therapist Herman.


Lee Etta Hairston

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