

# "MANAGING ACID REFLUX: AN INTEGRATIVE APPROACH FOR CLINICIANS"

WITH TIERAONA LOW DOG, MD

Did you know more than 60 million Americans experience heartburn weekly, and another 15 million experience heartburn daily? Add the 30 million living with chronic gas, bloating, and constipation, and it is clear that many people are struggling with a dysfunctional gastrointestinal tract. As a physician, I am increasingly concerned by the growing number of patients reporting heartburn/GERD, unnecessarily taking potent acid-suppressing medications, often for years, and unaware of the potentially damaging effects.

In some cases, suppressing acid with proton pump inhibitors (PPIs) is appropriate, even long-term. However, studies show a startling 40-63% are prescribed inappropriately. And because acid-suppressive therapies are also available over the counter, many people take them for extended periods without monitoring of any kind. Unfortunately, PPIs are not benign. Long-term acid suppression can lead to serious health problems. The good news is that 75% of people with acid reflux have mild-to-moderate symptoms that are entirely amenable to lifestyle and natural approaches.

**In this one-day virtual conference,** I'll update clinicians on potential adverse effects associated with PPI use—from rebound acid hypersecretion, dysbiosis, small intestinal bacterial overgrowth (SIBO), gastrointestinal infections, and food allergies to micronutrient deficiencies, fractures, cognitive impairment, kidney damage, and possibly gastric cancer. Clinicians will learn the most current thinking on the optimal dietary intervention for acid reflux, how stress and sleep disruption impact acid reflux, and the role of gastrointestinal melatonin.

We will also examine botanical therapies and the science to support their history of preventing acid reflux, healing the esophagus and gastric mucosa, and promoting coordinated digestive function. Learn which probiotics and synbiotics to recommend, plus how and when to use digestive enzymes or implement a trial of betaine HCl. I will provide detailed protocols for treating acid reflux naturally, tapering patients off PPIs, and managing patients who must stay on long-term acid suppression.

**Saturday, July 17**  
**8:45 am-4:45 pm MT**  
**Online**

# "Managing Acid Reflux: An Integrative Approach for Clinicians"

A one-day virtual conference with  
Tieraona Low Dog, MD

## SCHEDULE

(all times listed in US Mountain Time)  
Saturday, July 17, 2021

- 8:45-9:00 Welcome + Check-In
- 9:00-11:30 Morning Presentation
- 11:30-12:15 Lunch Break
- 12:15-1:00 Q&A with Tieraona
- 1:00-3:00 Afternoon Presentation
- 3:00-3:15 Break
- 3:15-3:45 Fullscript Presentation
- 3:45-4:45 Q&A+Closing with Tieraona

**NOTE:** We will use the online applications **Teachable and Zoom** for this event. After you purchase your spot for this event, you will receive emails (check spam folder) to guide you through the Teachable account setup process. Once this happens, please familiarize yourself with the platform, as well as Zoom.

All conference content (including links for the live Zoom portions) will be available in your Teachable account. While you will have access to your Teachable account beforehand, our content will not be visible to you until June 25.

**You will have continued access to the content for 30 days after our live event.**

Questions? Email us!  
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