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## Scott Chiropractic Center

### Upcoming Events

[Grayson Day](#)

[Snellville Days](#)

### Quick Links

[Scott Chiropractic Website](#)

[Dr. Jane R. Scott](#)

[Dr. David Futral](#)

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### Heartburn and Reflux

If you have suffered pain in your chest from acid reflux, your immediate reaction is to pop a pill to reduce burning. The main prescription heartburn medications act by decreasing acidity in your stomach which aids in the reduction of burning. However, studies have shown that decreasing the acidity in your stomach is not a beneficial long term solution. Bloating and burning in your stomach is caused by over-activity of bacteria. The most common over the counter medication for heartburn, which is also the most lucrative prescription medication, generates an estimated \$6 Billion a year. These medications do work to reduce acidity, thereby reducing the burning, but over time they cause the condition to worsen. By allowing more bacteria to grow and reducing your stomach acid, you decrease your ability to properly digest food. Improperly digested food is a "recipe" for food born pathogens.

What then, are natural solutions for reflux? Probiotics are an essential for anyone with indigestion. By adding in healthy bacteria, you aid your immune systems ability to fight bad bacteria as well as restore normal function to your stomach. If the cause of your reflux is a hiatal hernia, there are adjusting techniques that can address the issue. A hiatal hernia is a disorder where the pyloric valve of the stomach is trapped above the diaphragm preventing it from closing properly. This inability to close allows food and stomach acid to come up into the esophagus. Are you suffering from heartburn or reflux? If so, make the healthy choice in addressing your problems.

Yours in health,  
Scott Chiropractic

## Grayson Day



Join us for Grayson's City Celebration and enjoy fun for the entire family!!

Grayson Community Park  
One Park Drive, Grayson

Saturday, April 30, 2011 from 10 AM to 4 PM

## Snellville Days



Join us for Snellville's City Celebration featuring craft, food, vendors, children's activity area, live entertainment, free concert Saturday evening and more.

Briscoe Park  
2770 Lenora Church Road, Snellville  
Saturday, May 7, 2011 from 10 AM to 6 PM  
Sunday, May 8, 2011 from 10 AM to 5 PM

**Save 25%**

### Probio Defense

Probio Defense is an optimal combination of probiotic bacteria that supports the immune system. The addition of selenium and zinc help to balance the intestinal fl ora and stimulate the body's natural defenses.

Enjoy this special offer through the month of April.

**FREE**

### Consultation and Exam

**(\$79 Value)**

If you know a friend or family member with asthma and/or hurtburn and reflux pass this offer to them for a FREE consultation and exam. A \$79 value. Offer won't last long so act now.

Enjoy this special offer through the month of April.

**Save 25%**

### Natural D-Hist

Natural D-Hist is the ideal solution for many of the 40 million Americans who experience seasonal discomfort. Formulated for maximum effectiveness, Natural D-Hist utilizes carefully selected dosages of critical natural components to provide optimal support for nasal and sinus passages.

Enjoy this special offer through the month of April.