

Gastroesophageal Reflux Disease (GORD) or Reflux

What is GORD?

Gord is a chronic disease where stomach acid occasionally flows back into the oesophagus. The acid irritates the lining of the oesophagus and causes the signs and symptoms of GORD.

Signs and Symptoms

A burning sensation behind the breastbone; a sour taste in the mouth; regurgitation of food or acid/bile; chest pain; difficulty swallowing; dry cough; and a sensation of a lump in the throat.

Complications

Narrowing of the oesophagus. This is due to damage by the acid reflux. Scar tissue might form, causing the oesophageal space to narrow.

Oesophageal Ulcers. The stomach acid erodes the mucous barrier in the oesophagus. This causes an open sore to form.

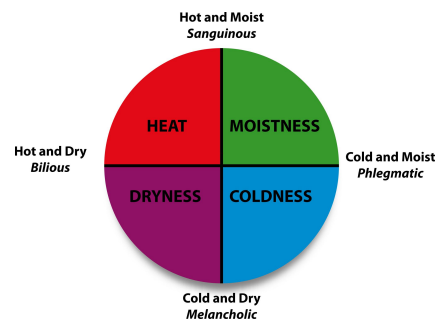
Barrett's Oesophagus. Damage caused by the acid reflux may result in abnormal/precancerous cells developing.

What Cause GORD?

GORD results from frequent episodes of heartburn or acid reflux, due to stomach acid moving into the oesophagus. During digestion the muscles above the stomach relaxes to allow food in and then closes again. With GORD, the frequent muscle relaxation allows stomach acid back up into the oesophagus, causing heartburn.

The Tibb View on GORD

According to Tibb philosophy, GORD can either result from an **excess of heat with dryness** which produces an excess amount of stomach acid, or from an **excess of moistness**, which causes the muscle to relax abnormally. The form of **GORD linked to heat with dryness** is more prevalent in people with a **bilious dominant/sub-dominant temperament**, due to their innate qualities of heat and dryness. The form of **GORD linked to moistness** is more commonly found in people with a **phlegmatic/sanguinous temperament**, due to the inherent dominance of moistness.



Treatment and Management of Heartburn

Treatment and management is aimed at **reducing the excess qualities associated with GORD**, by implementing Tibb Lifestyle Factors that will **increase the qualities of coldness with moistness** in patients with symptoms of **excess heat with dryness** and by **increasing the quality of dryness** in patients with symptoms of **excess moistness**. This assists Physis in addressing both the symptoms and causes of GORD.

Tibb Lifestyle Factors

GORD associated with Qualities of Heat with Dryness:

Food and Drink

- Eat **mostly Cold & Moist foods** - such as rice, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like yogurt, potato, citrus fruit and coconut oil.
- Eat **less of Hot and Moist foods** - such as mutton, ginger, spinach and sugar, and the **least amount of Hot and Dry foods** - like chicken, eggs, garlic and onions.
- Drink a large glass of water rapidly to relieve pain. This dilutes excess stomach acid, flushing it into the duodenum where it is neutralised;
- Eat frequent small meals, including well-cooked white rice, yoghurt and cottage cheese.
- Occasionally eat vegetables such as carrots and broccoli.
- Allow hot beverages, like rooibos tea, to cool before drinking, to avoid triggering gastric discomfort.
- Avoid fried foods, tea, coffee, alcohol, chocolate, strong spices, animal fats, and carbonated drinks.
- Avoid eating and drinking at the same time. Fluids should be taken 30 minutes before or after a meal.

Other Lifestyle Advice

- Avoid lying down immediately after a meal.
- Wear loose, comfortable clothing.
- Avoid non-steroidal anti-inflammatory drugs, especially aspirin.
- Quit smoking.
- Practice slow and deep breathing exercises twice daily.
- Keep the colon clean by following a high-fibre diet. The use of a gentle and natural laxative is recommended monthly.
- Drink a glass of chilled milk to reduce discomfort caused by stomach acid.

Medication

Herbal Remedies

- Grind 2 cardamom pods, add 250ml of water boil for 15minutes, strain, and drink three times daily.

Tibb Medication

Qarheen granules - This product contains licorice root, which soothes and heals the mucous barrier in the stomach. Qarheen is linked to qualities of **moistness with heat**. This helps to dissipate the excessive heat associated with gastritis without causing sluggish digestion.

Alsarex tablets - This has anti-inflammatory properties, so is an ideal treatment for gastritis and other GIT conditions associated with excessive heat. Alsarex is linked to qualities of **moistness with heat**. This helps to dissipate the excessive heat associated with gastritis.

Gastrone tablets - This antispasmodic assists in the management of nausea, vomiting and abdominal pain.

Endemali granules - This contains psyllium husk, which helps form the stomach's mucus layer. It soothes and protects irritated and inflamed internal tissue. Endemali is linked to the quality of **moistness**, and this helps to dissipate the excessive heat associated with gastritis.

Laxotabs tablets - This softens the faeces and increases movement through the gut. It does not flush the system, so diarrhoea and dehydration are not likely to occur. Laxotabs are associated with qualities of **moistness**, which helps to dampen the heat with dryness associated with gastritis.

Tibb Lifestyle Factors

GORD associated with the Quality of Moistness:

Food and Drink

- Eat **mostly Hot and Dry foods** - such as chicken, avocado, bittergourd and chickpeas, **followed by Cold and Dry foods** - like beef, potato, and yogurt.
- Eat the **less of Hot and Moist foods** - such as bread, pasta, sugar and bananas, and the **least amount of Cold and Moist foods** - like squash, butter, cucumber and pears
- Avoid triggers such as fatty or fried foods, tomato sauce, alcohol, chocolate, mint, garlic, onion and caffeine. These often make heartburn worse.
- Eat smaller meals.

Other Lifestyle Advice

- Avoid lying down immediately after a meal.
- Wear loose, comfortable clothing.
- Lose weight if overweight.
- Quit smoking.

Medication

Herbal Remedies

- Chew five to six basil leaves after meals.
- Chew a clove of garlic to lessen discomfort.

Tibb Medication

Digest it tablets. This is a suitable remedy for heartburn and indigestion.

Laxatabs tablets - This assists in the elimination of excess and undigested food.

Gastrone tablets - This promotes normal digestion and tonifies the digestive tract.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix