

# PPI WEANING PROTOCOL

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## Acid Blocker Weaning Protocol

### RECOMMENDATIONS FOR WEANING OFF OVER-THE-COUNTER PROTON PUMP INHIBITORS

Please be aware that the process of weaning off over-the-counter (OTC) acid reflux medication can feel challenging as your body works to recalibrate a suppressed digestive system. You may experience some occasional discomfort during your transition off OTC proton pump inhibitors (PPIs). The weaning process is recommended only for your comfort; you may actually safely immediately stop the use of OTC PPIs without concern. Each person's comfortable transition time varies, and it may take 4-8 weeks to fully wean off the medication. However, this is a healing and recalibration time for the digestive system's natural process, and you will enjoy enhanced digestion and greater health as a result. If you are consistent in your approach, diligent with your dietary and lifestyle changes, and patient with yourself and the occasional symptoms you may experience, your transition will be smoother and take much less time.

**IMPORTANT NOTE: If you are currently taking prescription medication to address acid reflux, please consult with your prescribing physician regarding your personal decision to discontinue use prior to doing so.**

### STEP ONE: WEANING OFF

- Begin by taking your regular dose of OTC PPI medication every other day for 1-2 weeks as your symptom level allows. If symptoms exacerbate beyond a tolerable level, try taking a half dose daily for a few days, then wean back to a reduced dose every other day. Follow dietary guidelines as given, particularly avoiding refined carbohydrates and sugar, alcohol, caffeine, excessive amounts of raw veggies, capsaicin and other hot pepper byproducts, and tannins in black teas.
- While weaning, use stomach healing nutrients daily as recommended by your Nutritional Therapy Practitioner or Nutritional Therapy Consultant, for example: Vitamin A, cabbage juice or Vitamin U, Vitamin D, 100% aloe vera juice, bone broth, chlorophyll, deglycyrrhizinated licorice (DGL), L-Glutamine, Jerusalem artichoke, milk thistle, probiotics, slippery elm, or marshmallow root. In addition, 1-2 tablespoons of raw apple cider vinegar in 4 ounces of room temperature water at the beginning of each meal is recommended to promote gastric enzyme activity.
- On the "off" days from taking OTC PPI medication, take a hydrochloric acid (HCl)/enzyme supplement (1-3 tablets) with each meal, as well as the stomach-healing nutrients. If intolerable acid reflux occurs, eat a few more bites of a protein food, or drink a small amount of baking soda in water (one teaspoon of baking soda dissolved in 4 ounces room temperature water), or plain seltzer water, to calm your stomach.

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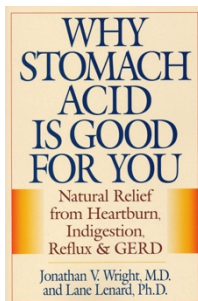
## STEP TWO: DISCONTINUING OTC ACID REFLUX MEDICATIONS

- When you can tolerate occasional symptoms on the “off” days, the next step is to go completely off the OTC acid blocker and begin replenishing your digestive juices via a low dose hydrochloric acid (HCl) supplement, typically inclusive of enzymes as well.
- Use 3-4 tablets of an HCl/enzyme supplement (as recommended by your Nutritional Therapy Practitioner or Nutritional Therapy Consultant) in the middle of the meal and continue use of recommended stomach healing nutrients as well.
- If reflux symptoms such as burping, belching, or a burning sensation still present themselves after a meal, either use 1-2 additional tablets of an HCl/enzyme supplement, or use the raw apple cider vinegar in water solution to promote production of more gastric juices naturally.
- If these symptoms persist, consider you may need a greater amount of supplemental acid and discuss the *Hydrochloric Acid Supplement Recommended Dosage Challenge* with your Nutritional Therapy Practitioner or Nutritional Therapy Consultant. You can also experiment with the timing of your supplementation; taking your digestive aids earlier in the meal may prove helpful.

## STEP THREE: DO THE HYDROCHLORIC ACID SUPPLEMENT RECOMMENDED DOSAGE CHALLENGE

After one week of low dose HCl/enzyme supplementation, employ the use of the *Hydrochloric Acid Supplement Recommended Dosage Challenge* (sometimes called an HCl Challenge). This challenge will help you determine the appropriate dose of hydrochloric acid supplement to be taken with each meal. If higher doses are indicated (more than 5-10 low dose HCl supplements), ask your Nutritional Therapy Practitioner or Nutritional Therapy Consultant for recommendations for a higher dosage product in capsule form.

## RECOMMENDED READING



*Why Stomach Acid Is Good for You: Natural Relief from Heartburn, Indigestion, Reflux, and GERD* by Jonathan V. Wright, M.D. and Lane Lenard, Ph.D.

Amazon: <http://a.co/akNlcnv>