

## ***How To Wean Off from Acid Reflux Medications?***

The easy way to wean off from the use of any acid-lowering medications is as follow:

- 1. Adopt dietary modification- As outlined above***
- 2. Modify Lifestyle as described above***
- 3. Lose weight via adapting Natural Fix- Obesity Cure methodology  
( Review the section on the website: [www.foodlifestylebalance.com](http://www.foodlifestylebalance.com))***
- 4. Try Herbal, and Natural Remedies outlined above for Acid Reflux symptoms***
- 5. Over time, in a week or two weeks, cut down the use of Acid lowering drugs- start with taking every other day.***
- 6. Take 1-2 tablespoons of organic Apple cider vinegar in a glass of water half an hour before meals. You may use apple cider vinegar as a salad dressing. It will bring in the much-needed acidity to the stomach for food digestion. Regular use of apple cider vinegar before meals will cut down the rebound acidity and indigestion which are a common problem with acid reflux medications***