



## Minutes de Santé — Health minute

### **Maranatha Christ Revient**

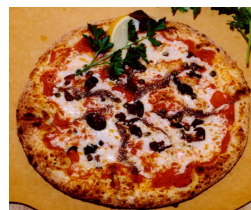
#### **Stomach acid**

Along the course of life, indigestion or short term ailments to the stomach show how important it is to have good digestion. When bloating, gas and cramps become a daily occurrence, when one is confronted with several bouts of indigestion, it's time to question the functioning of the stomach. The acid produced in the stomach is usually released to assist in the digestive process. With bad eating habits and poor lifestyles our stomach starts to release acid at inappropriate times or in a harmful quantity. This acid surplus attacks the lining of the stomach causing ulcers and disrupting the nutritional processes that permits food to 'feed ' us. Reflux of the acid may injure the esophagus and the throat. All of these stomach ailments may become very painful. It is moreover a fact that mental anguish, stress, reoccurring negative thoughts and mental hyper sensitivity, can be the cause of hyperacidity and many other stomach problems.



Digestive system

By re-examining how we eat, when and what we eat, without eliminating too many items out our diet we can retrain our stomach, and by making adjustments to our thought patterns processes, many people eliminate all the costly or long term medication which we are told too often are the only way to go. A digestive tea after meals, such as Peppermint or Melissa, proper relaxation after a hard day's work, healthy lifestyle changes, exercise, laughter, are keys to keeping your stomach healthy in the first place.



Bad eating habit is the source of stomach acid

Your Health Minute

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Over the counter medication is available to help relieve stomach acid