

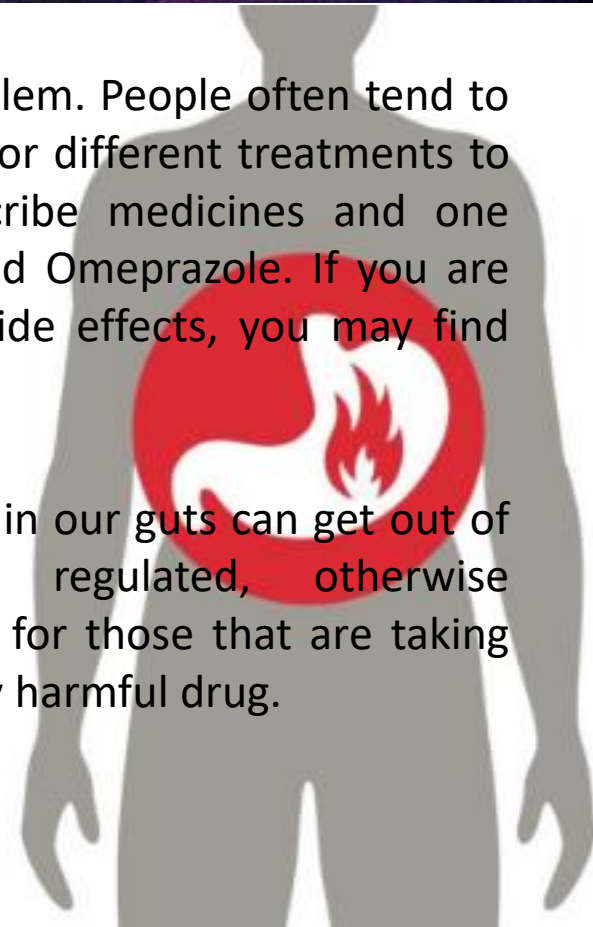
# Suffer From Acid Reflux – Worried About Omeprazole Side Effects?

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Gastric acid can be a significant problem. People often tend to have gastric acid build up and look for different treatments to help them. Doctors typically prescribe medicines and one of the most commonly used is called Omeprazole. If you are concerned about the Omeprazole side effects, you may find this article interesting.

Usually, when taking too many medicines, the good bacteria in our guts can get out of hand and we must keep our intestinal flora regulated, otherwise it can cause intestinal issues. Well, we may have bad news for those that are taking Omeprazole often – because many are now saying it is a really harmful drug.



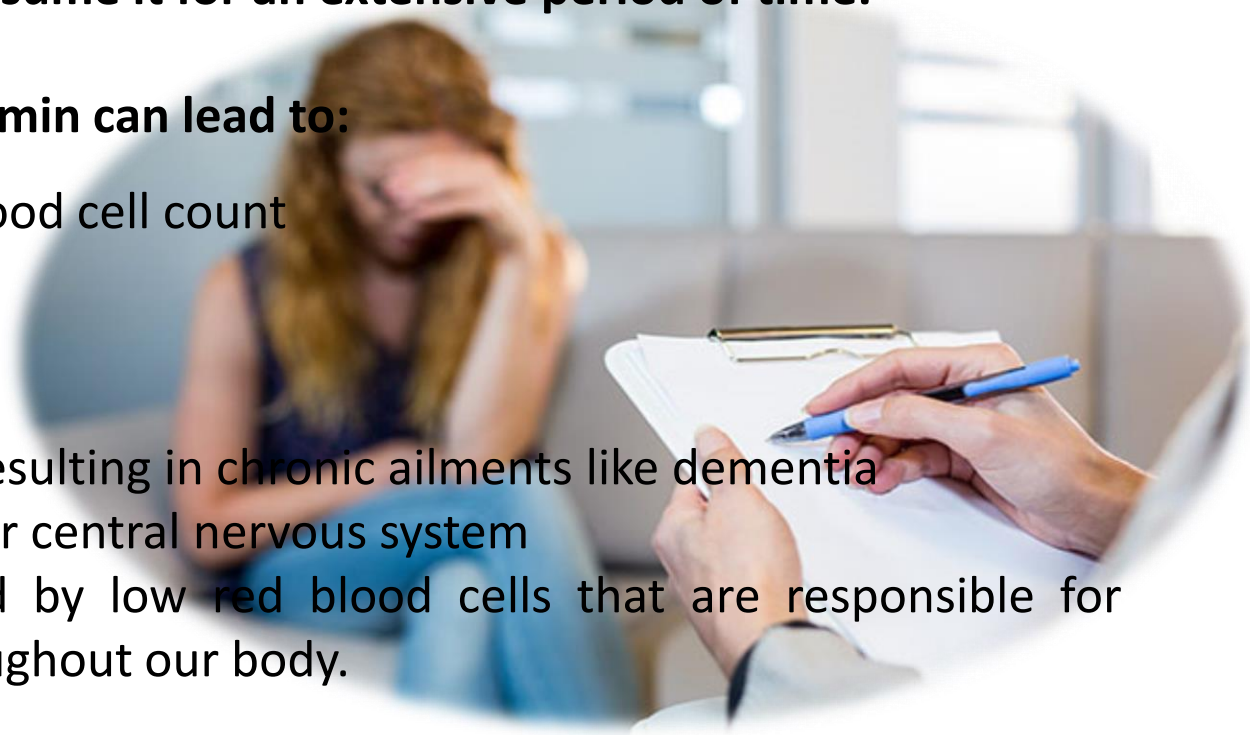


# Potential Health Hazards of Omeprazole...

**It is now claimed that Omeprazole really limits our body's ability to soak up vitamin B12 after you consume it for an extensive period of time.**

**The deficiency of this vitamin can lead to:**

- ✓ Depletion in our red blood cell count
- ✓ Anaemia
- ✓ Depression
- ✓ Anxiety.
- ✓ Neurological damage resulting in chronic ailments like dementia
- ✓ It can cause harm to our central nervous system
- ✓ Chronic fatigue caused by low red blood cells that are responsible for conveying oxygen throughout our body.





It is also reported that Omeprazole causes rapid loss of calcium in our bodies which can cause osteoporosis or brittle bone syndrome, where an individual is susceptible to broken bones or fractures easily.

A calcium shortage can cause muscle problems, It causes an increased risk of respiratory problems, such as shortness of breath, wheezing, difficulty breathing, hyperventilation, and congestion.

A study by the Kaiser Permanente Institute based in the United States of America researched the health dangers of Omeprazole. They monitored over 26,000 test subjects on a daily basis and the subjects consumed differing amounts of Omeprazole within a period of 2 years. **Those that had consumed Omeprazole had a 65% greater risk of having vitamin B12 deficiency when it's compared to people that did not use the medication.**

You can come to your own conclusions whether Omeprazole is indeed harmful for our health and consider whether you should avoid using it as a gastric protector.

## My doTERRA story by Sue Boswell



Here is the beginning of my doTERRA story. In December 2013 I had major surgery for a hiatus hernia. Up until that point I had been troubled with chronic acid-reflux. My prescription drugs kept increasing in a bid to keep things under control but once dangerous levels were reached surgery was the only option. The operation involved pulling up part of my stomach and wrapping it around my oesophagus.

This relieved me of the acid problem but in turn left me on a limited soft diet... the acid couldn't come up but it was tricky for food to go down. The positive was that I lost 21 pounds. The wrap made during surgery would supposedly last 10 years. However last July following sickness the wrap slipped, the dangerous amounts of prescription drugs was resumed and a repeat operation was recommended. At that time a friend suggested I try peppermint essential oil. I thought she was crazy as I had tried every peppermint product on the market ( or so I thought)

This particular peppermint essential oil was of the highest purity, certified pure therapeutic grade. I was able to take a drop of the essential oil internally because of the purity. The relief was instant! From that day 6 months ago, I have now not needed any pharmaceutical drugs and certainly won't be having surgery. I take one drop a day in a small amount of water. If I drink a cup of tea before it's cooled or have a night on the tiles I occasionally need a few extra drops. Needless to say I carry this amazing peppermint essential oil in my handbag... just in case! I am sharing my story as I am so grateful and wish for others to benefit as I have done. xxx

