

# *Trees of Olive*

## *Permanent Cure for Heartburn and Acid-Indigestion?*

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Is there a permanent cure for heartburn and acid-indigestion? Secondly, why is it that so many people today are plagued with constant, and even severe, heartburn and acid-indigestion?

Let us take a moment and study the physical body. The physical body is perfectly designed of the true God of the Universe to be in perfect balance with nature, and is to be properly nourished with a perfect, balanced diet of **“acid and alkaline ratio of various good foods.”** There are some foods that are acid-forming to the physical body, and there are some foods that are alkaline to the physical body. If there is an imbalance of the selection of foods that we chose to eat then there could be heartburn and acid-indigestion. Too much acid-forming foods will bring forth heartburn and acid-indigestion, and too much alkaline foods may cause different health problems, especially in slowing down the digestive system. Everyone needs both good, healthy, **“alkaline foods,”** and also good, healthy, **“acid foods”** in their diet because nature is perfectly designed this way. In order to prevent heartburn and acid-indigestion everyone must become aware of the many different foods that are **“acid-forming”** to the physical body, and of the many different foods that are **“alkaline-forming”** to the physical body; and they must do things to try to have a perfect balance in the selection of their foods at each meal, even to have more alkaline foods than acid foods.

**Acid Forming Foods** - The listing of the acid forming foods are: acid-type sweeteners such as cane sugar, brown sugar, honey, corn syrup, fructose, high-fructose corn syrup, maple syrup, rice syrup and malt syrup; artificial sweeteners; all grain products, including breads, bagels, pastas, breakfast cereals; most beans; many different types of nuts, meats, fish, poultry, cheeses, eggs, butter, margarine, most oils, and especially **“all”** types of junk foods. The added

acid-forming sweeteners in the fruit juices cause the fruit juice to become acid-forming to the body; instead of being alkaline to the physical body.

**Alkaline Forming Foods** - The listing of alkaline foods are: green, leafy vegetables, mostly all vegetables, root vegetables, olives, fresh fruits, tropical fruits, berries, cherries, whole milk, buttermilk, non-sweetened wines, many teas and apple cider vinegar, and there are other types of foods. Fruits have “**fruit acids**” in them, yet the fruit acids are “**alkaline**” to the physical body - fruits are alkaline foods.

**Important note:** Oranges and mostly all fruits are alkaline forming to the physical body, yet many brands of orange juice, and many canned or bottled fruit juices, and even frozen juices can be highly “**acid-forming**” because many brands of orange juice and many fruit juices on the market today have some type of “**acid-forming sweetener(s)**” in them, even though some fruit juices may say no sugar added on the containers, or in that the “**hidden sweeteners**” are not even listed on the containers. Lemons are also alkaline to the body, yet lemons mixed with any type of acid-forming sweetener can cause the lemon juice drink to become acid-forming in the body. Select the proper type of juices; and better still, buy whole oranges, tangerines, lemons, and other good fruits and enjoy eating them in their natural, raw, ripe state; or buy “**fresh-squeezed**” orange juice, or fresh-made fruit juices.

**Proper Combinations of Foods** - If a person ate a bagel at an early breakfast meal with no alkaline foods the person would more than likely have heartburn around noontime or earlier because the bagel is an acid-forming food (it is a grain product). On the other hand, if a person ate a bagel for breakfast, as well as had some green, leafy vegetables, such as raw spinach, or such vegetables as celery or watercress, or some other types of good, “**alkaline-forming**” foods along with their bagel, they more than likely would not get heartburn, nor suffer from any type of acid-indigestion because there would be a “**perfect balance**” of good, acid-forming foods, and also good, alkaline-forming foods in their breakfast meal. Having some fruits with or after a meal can also help to provide “**alkaline**” to the meal, including bananas.

Having a bowl of hot grains for breakfast? There are many different types of grains, and so many of them are high, nutrient based foods, and are very good and soothing to the stomach and intestines, and also are very rich in excellent, soluble fiber (helpful to the bowels). Most grains are acid foods; yet, having a fully ripe banana or two, or some other fruit(s) with or after the bowl of hot

grains, or even having some fruits an hour or two hours after having the bowl of hot grains, can help to prevent acid indigestion. Having a fully ripe banana mashed into a bowl of hot grains is very delicious and filling. The grains, and also excellent breads made from grains, are the true God's blessings to mortal men, women and children, and we can always fully enjoy them, even though they are acid foods.

Learning what foods are acid-forming and what foods are alkaline-forming to the physical body, and by always selecting some good, alkaline foods for each meal, this will more than likely help to prevent a person from ever having acid-indigestion and heartburn.

Today many people eat on the go, and they are eating a lot of junk foods (negative, acid-forming foods), and also they are not enjoying plenty of good, alkaline foods such as raw and cooked vegetables, especially green, leafy vegetables, root vegetables and other types of vegetables, as well as plenty of raw, good fruits, and plenty of raw vegetables. Because of these many things, many people today are suffering by having constant and severe heartburn and acid-indigestion, and their overall health is suffering.

**Plagued by constant heartburn and acid-indigestion?** In addition to the selecting of good, balanced foods, do an experiment on your own physical body if you are plagued by constant heartburn and acid-indigestion. Buy some raw spinach, or even raw broccoli, or raw watercress, and juice it in a juice extractor. Put the extracted juice into small, one ounce containers and freeze these containers. If you ever get heartburn and have acid-indigestion take one ounce of the raw vegetable juice and mix it with a little water and drink it. I would say that most people will experience "**total relief**" from their heartburn and acid-indigestion within less than one hour after having drunk this vegetable juice mixed with a small amount of water. If the person does not have raw spinach juice, nor a juice extractor, they could get some raw spinach, or raw celery, or raw watercress, or any raw, green leafy vegetables, and just chew on it; this will also help to relieve the heartburn and acid-indigestion. The alkaline quality of the green, leafy vegetable will help to neutralize the acid in the acid-forming foods; it will help to provide "**balance**" to the physical body. Additionally, raw spinach, raw watercress, raw endive, and many other raw vegetables, and also many other types of vegetables in general contain many vital nutrients for the body. Always remember that **both "good,"** acid foods, as well as "**good,"** alkaline foods, are needed for the physical body. We are, and can always, enjoy both good, **acid foods**, and good, **alkaline foods** in our diet, yet do so with balance.

**Raw Celery and Raw Endive** - Buy and enjoy chewing on raw celery, or raw watercress, or raw endive. Raw celery, raw watercress, and raw endive have many great health benefits, including in that they can help to neutralize acid. Do research on the many health benefits of eating and enjoying raw celery, raw watercress, and also other raw vegetables. Eating at a restaurant and the meal is mostly acid-forming foods? or if you are constantly eating on the go because of various reasons? If you are eating at a restaurant order some raw spinach or raw celery along with your meal, or take some cut-up celery or spinach with you in a plastic container. If you are constantly eating on the go because of various reasons, also take some cut-up celery, or watercress, or spinach with you in a plastic container. Enjoy chewing on these raw foods, especially after your meal, and even have a banana after chewing on these types of vegetables.

**Water** - It is very important for everyone to drink plenty of good water each day. Water helps to dilute things, even can help in acid indigestion, especially to help prevent acid indigestion. Water is also solvent in that it helps to dissolve things. Read the many hundreds of articles on the need for drinking water - each day, especially first thing in the early morning.

**Sugar High** - Have you ever felt that you have had “**too much sugar,**” or too much sweets? Eating some raw spinach, or raw watercress, or raw celery, or raw endive will help to bring balance to you. Learning how to have and maintain perfect discipline is so important in every area of life, including in not having too much of certain foods in any area at any given time, especially too much sweets.

**Disclaimer and Medical Note:** There could be many other reasons why a person may be suffering from constant acid-indigestion and heartburn. For example, constant worry, fear, stress and anxiety can cause many health problems, as well as spiritual and mental problems. Also, there could be a medical problem that may be the cause why a person may be experiencing constant acid-indigestion, heartburn, and even gas that must be looked into and taken care of. If a person is experiencing constant acid-indigestion and heartburn, and the person has changed their diet and eating habits, the person must take the time and take proper care of their physical body, and find out the reasons why such conditions exist instead of just ignoring it, or just treating the symptoms. **This article is not written for any type of medical guideline;** rather, this article is written to help men and women know the importance of being in “**perfect balance,**” and in perfect harmony with the “**Laws of Nature**” that the true God of the Universe has ordained for physical body in the area of selecting the right

foods and drinks, and in the area of their own physical body, and also in the area of their spiritual, and mental health, and physical well-being.

**Take Proper Care of Your Body, Mind and Spirit:** Do indeed take proper care of your physical body, and of your mind and spirit, and also of every area of your life. One of the many ways in which an individual is to take proper care of his/her physical body is to always remember what foods are “**good, acid-forming foods,**” and what foods are “**good, alkaline-forming foods**” to the physical body, and to always have and maintain a “**perfect balance**” of these foods in their selection of the different types of foods that they buy, prepare and eat - for each meal. Also, it is very important to always have and maintain perfect peace, love and perfect balance in every area of one’s life at all times, including within one's home, and at one’s place of work, and in society, and throughout this Earth, and in getting the proper sleep each night, and also in getting the proper rest and relaxation from time to time.

**Most important,** a person must be at perfect peace with the true God of the Universe, and must always have perfect love, obedience and faith in and unto the true God, and in his Holy Word and Holy Laws, and must learn to always be at peace with oneself, and also try to always be at peace with others.

Live a blessed, prosperous, peaceful and stress-free life here on this physical Earth in and unto the true God of the Universe in every area of life, and at all times, including for these next 1000 years of this Blessed, Seventh Millennium.

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