

Medication Reduction Schedule:

- (If you take 2 a day start here.) Week 1 – Begin by eliminating 1 tablet every other day.
- Week 2 – Take 1 tablet daily.
- (If you take 1 a day start here.) Week 3 – Take 1 tablet every other day.
- Week 4 - Take 1 tablet every 3 days.
- Week 5 – If symptoms persist, take only when needed. Or take antacids. Better yet use deglycyrrhizinated licorice (DGL).

Supportive GI therapy during weaning of PPIs.

1. **GI Fortify (Douglas Labs) – 1 scoop in 8-12 oz of water, followed by an additional 8-12 oz of water. Consume at least one dose daily.**

GI Fortify contains a blend of anti-inflammatory, soothing herbs and nutrients that reduce irritation in the GI tract. The longer you have been on PPIs the more likely you are to experience GI irritation. GI Fortify also helps to maintain bowel movement regularity.

2. **Prolonged Release Melatonin (Douglas Labs) – 1 tablet 30 minutes before or at bedtime.**

Melatonin has a similar molecular structure to PPIs. Thus, it acts in a similar manner in the body by strengthening the lower esophageal sphincter (LES). A weak LES is the main cause of heartburn and reflux. Start by taking 1 tablet nightly for 3 days; if heartburn persists, increase to 2 tablets for 3 nights. Continue this pattern until you reach a maximum of 4 tablets nightly. Some users note increased vividness of dreams. If morning grogginess occurs, decrease the dose by 1 tablet.

3. **Digestive Enzymes with Bile Salts or Betaine HCl**

Low bile salts or low stomach acid are a frequent cause of heartburn and other digestive symptoms. Before starting Betaine HCl try an enzyme supplement that has bile salts and no HCl, especially if you have had your gall bladder removed.

Instructions for HCl replacement therapy:

1. Take one capsule with a meal.
2. Continue to increase the dose by one capsule until you experience a sensation of heaviness, a feeling of warmth, or experience heartburn. Once you have established a dose (5 capsules or less), continue this dose with each meal.
3. If multiple capsules are needed the dose should be divided between the beginning, middle, and end of the meal.
4. As you heal the GI tract your stomach should regain the ability to produce an adequate concentration of acid. This means you will require fewer HCl capsules to properly digest your food. If you experience the warmth or heaviness at a dose that previously did not cause these sensations, this is an indication that you need to reduce your dose.
5. Small meals or snacks may require less HCl. Conversely, meals that contain a large amount of fat or red meat may need an additional capsule.

