

## THE CONVENTIONAL PATH



Heartburn and reflux lead to regular use of over-the-counter antacids.



Antacids begin to lose their effectiveness. Doctor prescribes a proton pump inhibitor (PPI). Symptoms initially subside but then begin to recur.



Doctor recommends an endoscopy, which reveals redness and inflammation.



Digestive issues and medication side effects begin to affect eating and sleep patterns.

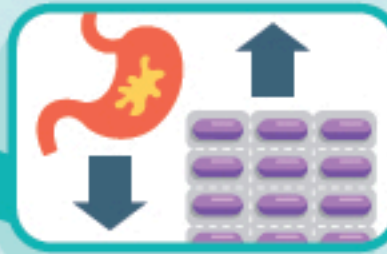


Stress levels rise, making indigestion worse and negatively affecting overall well-being.



Cycle continues, with escalating attempts to manage with medication.

## THE PROGRESSIVE PATH



Chronic heartburn and reflux lead to consultation with digestive-health expert.



After detailed evaluation, practitioner suspects inadequate digestive action and prescribes a stool test to clarify root causes.



Practitioner confirms low stomach-acid and enzyme levels are interfering with proper digestion.



Practitioner recommends digestive enzymes and HCl supplements along with dietary adjustments.



Supplements ease chronic symptoms; physician suggests additional dietary refinements and stress-reduction techniques.



Over time, digestive balance is restored; supplements can be used on an as-needed basis. 🌱