

What Is Generally NOT Known About Acid Reflux! (Part 1 of 2)

[Including its Role in Developing Degenerative Diseases!]

The lack of this knowledge by those who suffer from over-acid conditions, like Acid Reflux, will in time result in far worse health conditions and diseases. For example, cancer cannot grow in a body that is pH balanced; but will proliferate when the body is too acidic.

In Part 1 of this 2-Part article, I will share the first of three causes of Acid Reflux. So, let's begin...

Acid Reflux is a modern diagnostic term for a condition that has, for centuries,



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“Take Time for Your Health or Make Time for Your Disease!”

been known by many other names, such as heartburn, indigestion, and

understand and/or respect the Law of Gravity, you cause injury to yourself. The same applies to the nutritional biochemical laws that govern the healthy function of your body, and in this case, specifically, the laws that govern the healthy function of the Digestive System and prevent Acid Reflux.

Also, without sufficient gastric acids in your stomach, you have lost one of your body's first lines of defense and that is to destroy pathogenic bacteria and other germs that come in by way of the esophagus.

ELIZABETH HAS NO MORE ACID REFLUX. Elizabeth suffered from severe Acid Reflux 4 to 5 times a week until she started Clinical Nutrition Therapy.

In Part 2 of this 2-part article, I will share the 2nd and 3rd causes of Acid Reflux, what is actually happening to your body when you take anti-acid and acid-stopping drugs, and provide you with healthier solutions to end Acid Reflux once and for all.

FOR HELP no matter where you live, please call me at 940-761-4045. First Consultation Free!

Dr. Smith is the owner of **ADVANCED CLINICAL NUTRITION (Est. 1981)** in Wichita Falls, Tx, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health.

Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.

over-acidity. And now long-term Acid Reflux is called, Gastroesophageal Reflux Disease (GERD).

Its original terms, “heartburn” or “indigestion” described the backward flow (or Reflux) of stomach “acid” into your esophagus, hence the new term “Acid Reflux.”

Symptoms resulting from this backward flow are mild to severe burning of the esophageal lining and chest pain. Ongoing stomach-acid assaults on the esophagus will, in time, damage and ulcerate the esophageal lining causing other esophageal-related conditions, and worse.

The commonly known causes of Acid Reflux are lifestyle-related and include diet, drugs, smoking, inhaling secondhand smoke, alcohol, caffeinated beverages, and tight clothing around the abdomen.

However, there are other causes, including other lifestyle practices, that interfere with the laws (or principles) of digestion and lead to Acid Reflux that you may not be aware of.

HOW THE BODY WORKS: When you do not

Here is how the body works: At the onset of smelling, tasting, or chewing food, the stomach lining is signaled to release gastric acids into the stomach, so it is ready to digest the foods you consume. Hydrochloric Acid (HCL) is its primary gastric (stomach) acid.

CAUSE #1: However, when your body is unable to produce sufficient gastric acids, the undigested food sits too long in the stomach and begins to ferment and rot.

Sufficient gastric acids in the stomach are the signal for the small intestines to open and receive the stomach contents to begin the next phase of digestion. However, when this does not occur due to insufficient gastric acids, the fermented, rotting stomach contents try to escape in the opposite direction, thus backflows into the esophagus, causing the symptoms of Acid Reflux.

So, one cause of Acid Reflux (which also causes stomach ulcers) is the acids of the fermenting and rotting foods due to insufficient HCL and other gastric acids.



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GLENDALE

CERTIFICATE OF ELECTION REGULAR MUNICIPAL ELECTION APRIL 5, 2022

At a Mail Ballot Election held in the municipality of the City of Glendale, County of Arapahoe, and State of Colorado, on April 5, 2022, the following were the number of votes annexed:

CITY COUNCIL	VOTES	TERM
NUMBER OF VOTES FOR		
DARIO KATARDZIC:	ONE HUNDRED TWENTY (120)	Four Year Term
NUMBER OF VOTES FOR		
DORIS RIGONI:	ONE HUNDRED TWENTY-NINE (129)	Four Year Term
NUMBER OF VOTES FOR		
RYAN TUCHSCHERER:	ONE HUNDRED TWELVE (112)	Two Year Term

BALLOT ISSUE 2A:

SHALL THE CITY OF GLENDALE'S TAXES BE INCREASED \$642,000 FOR THE FISCAL YEAR ENDING DECEMBER 31, 2023, AND BY ANY ADDITIONAL AMOUNTS THAT ARE RAISED ANNUALLY THEREAFTER, BY THE IMPOSITION OF AN ADDITIONAL AD VALOREM MILL LEVY OF 3 MILLS (TOTAL OF 21.67 MILLS) ON ALL TAXABLE PROPERTY IN THE CITY COMMENCING JANUARY 1, 2023, FOR THE PURPOSE OF CONSTRUCTING AND MAINTAINING PUBLIC IMPROVEMENTS WITHIN THE CITY, INCLUDING THE PARKS, SPORTS CENTER, SIDEWALKS, BIKE PATHS, LANDSCAPING AND PUBLIC PARKING, AND SHALL THE CITY OF GLENDALE BE AUTHORIZED TO COLLECT, RETAIN AND SPEND SUCH TAX REVENUES, INCLUDING FOR EACH YEAR, ANY INVESTMENT EARNINGS AND INTEREST ON SUCH REVENUES, AS A VOTER APPROVED REVENUE CHANGE UNDER ARTICLE X, SECTION 20, OF THE COLORADO CONSTITUTION OR ANY OTHER LAW?

NUMBER OF VOTES CAST:..... ONE HUNDRED NINETY-ONE (191)
NUMBER OF YES VOTES:..... EIGHTY-NINE (89)
NUMBER OF NO VOTES:..... ONE HUNDRED TWO (102)

BALLOT ISSUE 2B:

SHALL CITY OF GLENDALE TAXES BE INCREASED BY \$246,000 IN 2022 AND \$592,000 IN 2023 (FIRST FULL FISCAL YEAR INCREASE) AND BY WHATEVER AMOUNTS AS ARE RAISED ANNUALLY THEREAFTER FROM A SEPARATE ADDITIONAL MARIJUANA TAX ON THE SALE OF MARIJUANA AND MARIJUANA PRODUCTS IN THE CITY OF GLENDALE, SUCH TAX TO BE AT THE RATE OF ONE POINT EIGHT FIVE PERCENT (1.85%) OF THE RETAIL PRICE OF THE MARIJUANA OR MARIJUANA PRODUCT TRANSACTION COMMENCING ON AUGUST 1, 2022 FOR THE PURPOSE OF CONSTRUCTING AND MAINTAINING PUBLIC IMPROVEMENTS WITHIN THE CITY, INCLUDING THE PARKS, SPORTS CENTER, SIDEWALKS, BIKE PATHS, LANDSCAPING AND PUBLIC PARKING AND SHALL THE CITY OF GLENDALE BE AUTHORIZED TO COLLECT, RETAIN AND SPEND SUCH MARIJUANA TAX REVENUES, INCLUDING FOR EACH YEAR, ANY INVESTMENT EARNINGS AND INTEREST ON SUCH REVENUES, AS A VOTER APPROVED REVENUE CHANGE UNDER ARTICLE X, SECTION 20, OF THE COLORADO CONSTITUTION OR ANY OTHER LAW?

NUMBER OF VOTES CAST:..... ONE HUNDRED NINETY-THREE (193)
NUMBER OF YES VOTES:..... ONE HUNDRED FOUR (104)
NUMBER OF NO VOTES:..... EIGHTY-NINE (89)

BALLOT ISSUE 2C:

SHALL SECTION 4.2 OF THE HOME RULE CHARTER OF THE CITY OF GLENDALE, COLORADO, BE AMENDED TO STATE THAT THE MAYOR AND CITY COUNCIL MEMBERS SHALL SERVE NO MORE THAN FOUR (4) CONSECUTIVE TERMS?

NUMBER OF VOTES CAST:..... ONE HUNDRED NINETY-THREE (193)
NUMBER OF YES VOTES:..... ONE HUNDRED FIFTY-EIGHT (158)
NUMBER OF NO VOTES:..... THIRTY-FIVE (35)

BALLOT ISSUE 2D:

SHALL ALL REFERENCES TO THE WORDS “COUNCILMAN” OR “COUNCILMEN” IN THE HOME RULE CHARTER OF THE CITY OF GLENDALE, COLORADO, BE AMENDED TO THE WORDS “COUNCIL MEMBER” OR “COUNCIL MEMBERS”?

NUMBER OF VOTES CAST:..... ONE HUNDRED NINETY-THREE (193)
NUMBER OF YES VOTES:..... ONE HUNDRED SIXTY-SEVEN (167)
NUMBER OF NO VOTES:..... TWENTY-SIX (26)

NUMBER OF BALLOTS MAILED TO VOTERS: 2380
NUMBER OF BALLOTS COUNTED:..... 193
NUMBER OF BALLOTS IN POSSESSION AND NOT COUNTED:
Unused supply..... 196
Ballots Undeliverable..... 69
a. Ballots Returned after April 5, 2022, 7:00 p.m. 5
b. Spoiled..... 0
c. Discrepant Signatures not Cured..... 1

We, the undersigned do hereby certify that the above is a true and correct abstract of the votes cast at said election, as shown by the returns from the voting in said election.

Witness our signatures this 13th day of April, 2022:

Veronica Marvin, City Clerk

Madeline Gauthier, Election Assistant

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Legal # 10743

CITY OF GLENDALE, COLORADO PUBLIC NOTICE OF VOTER APPROVAL OF HOME RULE CHARTER AMENDMENTS

At an election held April 5, 2022, the following charter amendments were approved by the voters of the City of Glendale, Colorado:

FIRST APPROVED CHARTER AMENDMENT:
Full text of Amendment: Amend section 4.2(e) to read as follows: (words to be deleted are underlined, words to be added shown in bold type)

SECTION 4.2 TERMS OF OFFICE – MAYOR AND COUNCILMEN.

e. The Mayor and Councilmen shall serve no more than ~~three (3)~~ **four (4)** consecutive terms. For the purposes of this provision, a “term” shall include the balance

of an unexpired term served by a person appointed to fill a vacancy if such unexpired term exceeds twenty-four (24) months.

SECOND APPROVED CHARTER AMENDMENT:
Full text of Amendment: Amend Charter to read as follows: (words to be deleted are underlined, words to be added shown in bold type)

All references to the words “councilman” or “councilmen” in the Home Rule Charter of the City of Glendale, Colorado, be amended to the words “**council member**” or “**council members**”

Dated the 13th day of April, 2022
City of Glendale, Colorado
Veronica Marvin, City Clerk

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