

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

[Including its Role in Developing Degenerative Diseases!]

In Part 1 of this 2-Part article, I shared the first of three causes of Acid Reflux that you may not be aware of and explained how the body produces Acid Reflux. So, let's continue with Cause #2...

CAUSE #2: The dietary lifestyle practice of drinking water or any beverage with food is another cause of Acid Reflux.

If you spilled acid from your vehicle's battery onto your driveway, you would dilute the acid with water until it is safe to walk on again.

Drinking water or other beverages with solid food dilutes the gastric acids released into your stomach to digest it, just like water dilutes battery acid. Diluting the quantity and strength of your gastric acids causes undigested, fermented, and rotted food to remain in your stomach as described in Part 1 of this 2-Part article. This is also another cause of protruding stomachs.



"Take Time for Your Health or Make Time for Your Disease!"

by **Dr. Donna F. Smith**
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CAUSE #3: The reason Diet is listed in Part 1, among the most commonly known causes of Acid Reflux, is because consuming a higher ratio of acid-forming foods to alkaline-forming foods produces over-acidity, leading to Acid Reflux, other acid-related conditions and in time, degenerative diseases, even cancer.

MARY HAS NO MORE ACID REFLUX: Mary suffered from Acid Reflux every day for 19 years, despite the Proton pump inhibitor drugs her physician had prescribed. Three weeks after an internet search helped her find me, she had no more Acid Reflux. Even now, over a year later, she still does not have Acid Reflux.

WHAT HAPPENS WHEN YOU TAKE DRUGS FOR ACID REFLUX? Anti-acid drugs

create an alkaline environment in the stomach, i.e., they neutralize the bad acids from undigested, fermented, and rotted food AND the good acids, the gastric acids being produced by the stomach lining to digest your food. And acid-stopping drugs, like Proton pump inhibitors, block the enzyme in the stomach lining that produces gastric acids.

NUTRITION FACT #26: 'At least 99% of those suffering from Acid Reflux, in reality, are suffering from too little (and diluted) gastric acids.' [Dr. Janet Lang, 2003]

In time, the digestive system becomes weaker and weaker, as well as increasingly toxic, and unable to digest, absorb, and transport the nutrients from food to the cells.

Digestive dysfunction from alkalizing drugs, and insufficient, diluted gastric acids, in time, causes all cells to become malnourished.

Malnourished cells, then decay (rot) and die, which

1) attracts worms and germs [viruses, bacteria, etc.], 2) increases overall body acidity and toxicity, 3) becomes sources of inflammation (pain), 4) starts the process of developing degenerative diseases, and 5) creates the internal environment for cancers to feed on and proliferate.

SOLUTION TO ENDING ACID REFLUX: The solution to Acid Reflux and 1) to 5) above is the same 2-Step Healing Process I have shared in several articles of The Villager, for any health condition or disease, and that is: #1 a Clinical Nutrition Analysis (CNA) from testing your biochemistry to identify the nutrients your unique body requires to heal itself and #2 Stop what is interfering with its healing processes.

Concerning #1 above, as it relates to Acid Reflux, a CNA identifies the specific nutrients you require to produce sufficient gastric acids. And concerning #2, throughout both parts of this article, I have provided a list of causes and interferences to healing Acid Reflux.

NUTRITION FACT #27: Being Healthy Requires a Principle-Centered Lifestyle, i.e., one that works in harmony with, instead of against, the principles or laws that govern the healthy function of the human body.

Acid Reflux is evidence of working against the biochemical laws of the Digestive System.

For help, 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.

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The Bidder must supply all information required by the Bidding Requirements and Contract Documents. The Arapahoe County Public Airport Authority reserves the right to waive any informality in or to reject any or all portions of the various bid items or reject any and all bids and make the award deemed in the best interest of the Airport Authority. No proposal may be withdrawn for a period of 30 days from the opening thereof.

Any questions must be submitted to Marty Brown, Jacobs, via email: marty.brown1@jacobs.com. Questions are due by 10:00 a.m., May 26, 2022. Questions received after this time will not be accepted.

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Legal # 10755

NOTICE OF CANCELLATION OF REGULAR ELECTION BY THE DESIGNATED ELECTION OFFICIAL BUFFALO RIDGE METROPOLITAN DISTRICT

NOTICE IS HEREBY GIVEN by the **Buffalo Ridge Metropolitan District** of Adams County, Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled including candidates filing affidavits of intent to be write-in candidates; therefore, the regular election to be held on May 3, 2022, is hereby canceled pursuant to Section 1-13.5-513(6), C.R.S. The following candidates are hereby declared elected:

Russell N. Watterson, Jr. to a 3-year term until May 2025
Charles D. Foster to a 3-year term until May 2025
John G. Fair to a 1-year term until May 2023
BUFFALO RIDGE METROPOLITAN DISTRICT

By: /s/ Brenden Desmond

Designated Election Official
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NOTICE OF CANCELLATION OF REGULAR ELECTION BY THE DESIGNATED ELECTION OFFICIAL CHERRYVALE SANITATION DISTRICT

NOTICE IS HEREBY GIVEN by the **Cherryvale Sanitation District** of Arapahoe County, State of Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled including candidates filing affidavits of intent to be write-in candidates; therefore, the regular election to be held on May 3, 2022, is hereby canceled pursuant to Section 1-13.5-513(6), C.R.S. The following candidates are hereby declared elected:

Vacancy (2022-2023)
Vacancy (2022-2023)
Vacancy (2022-2025)
Vacancy (2022-2025)

CHERRYVALE SANITATION DISTRICT
By: /s/ Brenden Desmond
Designated Election Official
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Legal # 10757

NOTICE OF FINAL SETTLEMENT

NOTICE IS HEREBY GIVEN pursuant to § 38-26-107, C.R.S., that on May 16, 2022 final settlement with **Insituform Technologies, LLC**, will be made by **Goldsmith Gulch Sanitation District** for the "2021 Capital Improvement Program Project" subject to satisfactory final inspection and acceptance of said facilities by the District. Any individual, corporation, government or governmental subdivision or agency, business trust, estate, trust, limited liability

company, partnership, association, or other legal entity that has furnished labor, materials, sustenance, or other supplies used or consumed by such contractor or its subcontractor, in or about the performance of the work contracted to be done or that has supplied laborers, rental machinery, tools, or equipment to the extent used in the prosecution of the work, and whose claim therefor has not been paid by the contractor or subcontractor, at any time up to and including the time of final settlement for the work contracted to be done, is required to file a verified statement of the amount due and unpaid, and an account of such claim with Goldsmith Gulch Sanitation District, c/o, Lisa Johnson, CliftonLarsonAllen, 8390 E. Crescent Parkway, Suite 300, Greenwood Village, CO 80111, on or before the date hereinabove shown. Failure on the part of any claimant to file such verified statement of claim prior to final settlement will release the District, its Board of Directors, officers, employees and agents of and from any and all liability for such claim.

s/s
Goldsmith Gulch Sanitation District

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NOTICE OF CANCELLATION OF REGULAR ELECTION BY THE DESIGNATED ELECTION OFFICIAL GREENWOOD CONSOLIDATED METROPOLITAN DISTRICT

NOTICE IS HEREBY GIVEN by the **Greenwood Consolidated Metropolitan District** of Arapahoe County and the City and County of Denver, Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled including candidates filing affidavits of intent to be write-in candidates; therefore, the regular election to be held on May 3, 2022, is hereby canceled

pursuant to Section 1-13.5-513(6), C.R.S. The following candidates are hereby declared elected:

Bart Brundage to a 3-year term until May 2025
Vacancy (2022-2025)
Vacancy (2022-2023)

GREENWOOD CONSOLIDATED METROPOLITAN DISTRICT

By: /s/ Courtney Linney, Designated Election Official

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NOTICE OF CANCELLATION OF REGULAR ELECTION BY THE DESIGNATED ELECTION OFFICIAL HARRISON OAKS METROPOLITAN DISTRICT

NOTICE IS HEREBY GIVEN by the **Harrison Oaks Metropolitan District**, City of Greenwood Village, Arapahoe County, State of Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled including candidates filing affidavits of intent to be write-in candidates; therefore, the regular election to be held on May 3, 2022, is hereby canceled pursuant to Section 1-13.5-513(6), C.R.S. The following candidates are hereby declared elected:

Vacancy (2022-2023)
Vacancy (2022-2023)
Vacancy (2022-2025)
Vacancy (2022-2025)
Vacancy (2022-2025)

HARRISON OAKS METROPOLITAN DISTRICT

By: /s/ Brenden Desmond
Designated Election Official

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Legal # 10760

NOTICE OF CANCELLATION OF REGULAR ELECTION BY THE DESIGNATED ELECTION OFFICIAL SOUTHEAST PUBLIC IMPROVEMENT METROPOLITAN DISTRICT

NOTICE IS HEREBY GIVEN by the **Southeast Public Improvement Metropolitan District**, City and County of Denver and Arapahoe and Douglas Counties, State of Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled including candidates filing affidavits of intent to be write-in candidates; therefore, the regular election to be held on May 3, 2022, is hereby canceled pursuant to Section 1-13.5-513(6), C.R.S. The following candidates are hereby declared elected:

Gregory Kelly to a 3-year term until May 2025
Peter Culshaw to a 3-year term until May 2025
Thomas Ashburn to a 3-year term until May 2025

SOUTHEAST PUBLIC IMPROVEMENT METROPOLITAN DISTRICT

By: /s/ Brenden Desmond
Designated Election Official

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Legal # 10761

NOTICE TO CREDITORS

NOTICE TO CREDITORS
Estate of Alan J. Gilbert, a/k/a Alan Jay Gilbert and Alan Gilbert, Deceased
Case Number 22PR30383
All persons having claims against the above-named estate are required to present them to the personal representative or to District Court of Arapahoe, County, Colorado on or before August 21, 2022, or the claims may be forever barred.
Barry S. Gilbert
Personal Representative
2751 South Clarkson St.
Englewood, CO, 80113
Published in The Villager
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Last Publication: May 5, 2022
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NAME CHANGE

ARAPAHOE COUNTY, COLORADO
1790 West Littleton Blvd.
Littleton, CO 80120
Case No.: 2022 CV 100202
PUBLIC NOTICE OF PETITION FOR CHANGE OF NAME
Public Notice is given on April 8, 2022 that a Petition for a Change of Name of an adult has been filed with the Arapahoe County Court. The Petition requests that the name of **DARAIN ARMOND BROWN** be changed to **DARAIN ARMOND MCCLAIN**.
The court orders the following publication for a change of name:
Date: July 19, 2021
Shana Kloek Clerk of Court/Deputy Clerk
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Last Publication: May 5, 2022
Legal # 10749

— End of Legals —