## ESSEX COMMUNITY **Ask The Chiropractor**

## Antacids: helpful or harmful?

Almost 1 billion dollars per year is spent by Canadians on over-thecounter antacids. TV commercials are constantly reinforcing the idea that by blocking the production of acid in your stomach, you'll immediately feel better and thus, be healthier. However, stomach acid is a critical component for proper digestion.

Typically, a healthy digestive system moves along without discomfort.

From time to time, we all experience digestive symptoms such as burning, cramping, bloating, or diarrhea. When discomfort occurs, we often grab an antacid that

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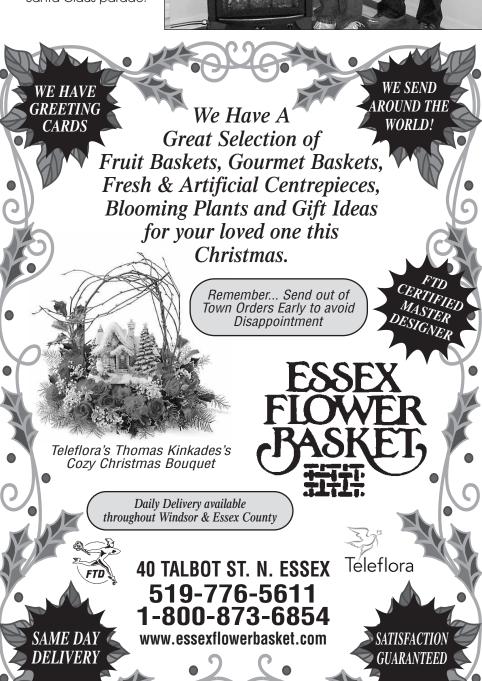
absorbs and neutralizes stomach acid and provides temporary relief of indigestion and



digestion, but alter the structure and function of the cells lining the stom-



Jeff and Lisa Rankin, left, are congratulated by Craig Armstrong, owner of SX Heating and Cooling. The Rankin family won SX Heating and Cooling's Fireplace Draw held Nov. 25 after the Santa Claus parade.



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