

Experimental Study on Gastroesophageal Reflux Disease (GERD) and Natural Cure

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Abstract

The objective of this research is to find through the experiments with patients with mild/partial to chronic gastroesophageal reflux disease (GERD) with a natural cure. Currently, research on GERD show there is a clinical treatment based on drugs that have no definitive cure. There is no cure by following the clinical procedures. The experiment was conducted to find a natural cure for partial to chronic gastroesophageal reflux disease. The method used in this research was an experimentation method to examine patients suffering from mild/partial to chronic GERD and administer to them raw *Brassica oleracea* var. capitata juice. The treatment in this experiment was administered from one day to five days. This study experiment included ten patients with mild/partial to chronic symptoms of GERD of different nationalities and cultures. When the fresh raw cabbage juice extract was administered to all the patients at different periods, hundred percent of the experiment subjects were relieved of heartburn or discomfort immediately. All of them were cured of GERD and were back to normal. The experiment conducted in this study was inferred as one hundred percent cured. Thus, the results of this study confirm that plant-based fresh juice extract could be used on GERD patients with mild/partial to chronic conditions.

Keywords: Gastroesophageal reflux disease, natural cure

INTRODUCTION

Gastroesophageal reflux disease (GERD) is prevalent around the world. GERD occurs in an individual when stomach acid frequently flows back from the stomach to the esophagus, throat, and lands in the mouth. Human digestive system's direction of flow from the mouth to esophagus, stomach, small and large intestines, rectum and sends the waste out through the anus. The problem occurs when this direction is reversed. Normally, the reversal is from the stomach to the mouth. Once the food passes the stomach into the small intestine, it seldom reverses to the mouth (*Gastroesophageal Reflux Disease (GERD) - Symptoms and Causes*, n.d.) GERD occurs through the lower esophageal sphincter (LES) into the esophagus, it is typically chronic, nonprogressive and in certain cases, it leads to the severity and results in complications (Kahrilas, 2003). There are different types of surgical procedures performed, namely, Nissen, Nissen-Rossetti, and Toupet (Pessaux et al., 2000). The mortality of GERD patients is constantly increasing, though with good medical treatment (Rantanen et al., 2007). This tells the significant failure of human medical treatment. It is a shame to say this is happening around the world. If causes are within the human living environment and situations, then the solution is also right there from the GERD causing environment and situation.

GERD is associated with heartburn, acid reflux, the chest is pressed, and in some patients, use terms based on their discomfort (Achkar, 2006). My observation of people who don't suffer from GERD is mostly related to a favorable healthy lifestyle. Good and regular amount of sleep, vegetarian diet, a good intake of water, whole-body exercise for at least one and half hours, good mind with minimum anxiety, sufficient sunshine, moderation in everything, and devotional life with the living God.

Purpose of the Study

The purpose of the study is to find out a natural cure for Gastroesophageal reflux disease.

Objective of the Study

To experiment with patients with chronic gastroesophageal reflux disease (GERD) with a natural cure.

Defining Research Problem

Gastroesophageal reflux disease is a problem in today's society of fast life. Usually, the most prominent symptom is heartburn and other symptoms like sour liquid, difficulty in swallowing saliva or food, and a feeling of regurgitation of food. This is due to the flowing back of the stomach fluid into the mouth through the esophagus, a backwash known as acid reflux (*Gastroesophageal Reflux Disease (GERD) - Symptoms and Causes*, n.d.).

The drugs/treatments administered to patients with GERD are usually antacids, histamine H₂-receptor antagonists, proton pump inhibitors, antireflux surgery, newer endoscopic treatments (Heidelbaugh et al., 2003). According to Dr. Michael Depietro (pulmonary and critical care medicine physician), drugs usually help suppress the symptoms and do not really cure the disease because they focus on the short term is only to the relief of the symptom to reduce pain and provide comfort (*Why Do Doctors so Often Treat the Symptoms Instead of Trying to Treat the Cause? - Quora*, n.d.). Hence, an opportunity to experiment with treatment with natural plant-based remedies is an element of testing to find the outcome either cure or no cure.

Research Hypothesis

Null H₀: Patients suffering from chronic and severe gastroesophageal reflux disease when treated with fresh raw cabbage juice extract do not get cured.

Alternate H₁: Patients suffering from chronic and severe gastroesophageal reflux disease, when treated with fresh raw cabbage juice extract, get hundred percent cured.

LITERATURE REVIEW

Gastroesophageal reflux disease (GERD) is known today as heartburn around the globe, and it is a global health issue. Around 1.03 billion individuals suffer from GERD (Nirwan et al., 2020). There are several factors considered as causes for this disease. This disease is when not treated, can cause cancer and eventually death ("GLOBAL GERD EPIDEMIC," n.d.). It is a common problem in developed communities that lead to medical complications, and the expense is quite significant (*The Prevalence and Impact of Gastroesophageal Reflux Disease - About GERD*, n.d.). Gastroesophageal reflux disease is a problem like any other because of an individual's momentum

in his/her lifestyle. According to the American Gastroenterological Association, one-third of the population has GERD. The financial impact on the community in treating is significant. While symptoms as surety of diagnosing the GERD, confirms modern surgical techniques and medical treatment could provide a long-term efficacy (Nwokediuko, 2012).

Patients with severe GERD develop hiatus hernia (Lee & McColl, 2013). The cause within the gastroesophageal sphincteric segment essentially brings out GERD (Miller et al., 2011). The transient lower esophageal sphincter relaxation (LES) is predominantly caused by a pathologic reflux in gastroesophageal reflux disease in patients (Hershovici et al., 2011). Patients with GERD may consume more food to reduce causes reflux. Food like tomato could also be consumed if in patients GERD with moderate to severe symptoms or frequent symptoms (Kubo et al., 2014). A study in Japan concluded the prevalence of GERD of at least weekly symptoms was 6.5-9.5% (Kinoshita et al., 2011). GERD is prevalent in East Asia is consistently lower than 10% (El-Serag et al., 2014). GERD and functional bowel disorders (FBD) are also caused by anxiety in the rural population in China (Cai et al., 2015). A study in the Chinese population in Hong Kong concluded on its findings of the positive association between gastroesophageal reflux disease and irritable bowel syndrome, especially in the male population (Cheung et al., 2007). GERD is on the rise in many ethnic populations in East Asia, and the cause could also be associated with rapid economic development (Tan et al., 2016).

Causes of GERD could vary, and the most important observation from various studies is moving above or below the normal living of an individual could result in the disease. Significantly higher levels of sleep disorders associated with the national wide work culture of (karoshi) in Japan tend to alleviate GERD (Kusano et al., 2008). In the Japanese population, unfavorable dietary behaviors and short sleep duration cause GERD (on behalf of the Nagahama Study Group, 2014). The metabolic factor is a reliable predictive factor of GERD, and if altered, it can modify the risk of GERD incidence (Niigaki et al., 2013).

Conceptual Framework

The framework is based on the content in cabbage and the content in gastroesophageal reflux disease. Carbohydrate, protein, vitamin K, magnesium, folate, lesser amounts of vitamin B-6, calcium, potassium, thiamin, antioxidants choline, beta-carotene, lutein, and zeaxanthin, flavonoids kaempferol, quercetin, and apigenin. These elements are more available in red cabbage than green ones (*Cabbage*, 2017). The is a bunch of disease cabbage treats. They are protected from radiation, help prevent and cure cancer, suppress inflammation, maintain heart health, boost immunity and digestion (*Cabbage*, 2017).

Cabbage is a rich source of vitamin C, fiber, strength to the bones, and low in calories (*6 Health Benefits of Cabbage, According to Nutritionists*, n.d.).

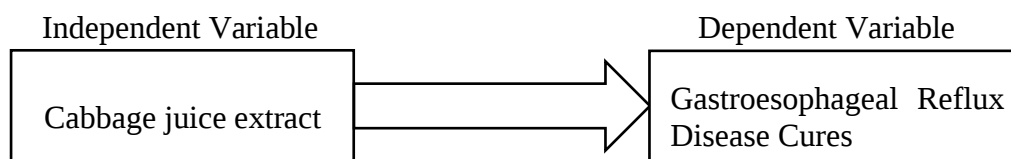
Table 1: Nutritional Facts of Cabbage

Nutritional value per 100 g (3.5 oz)	
Energy	103 kJ (25 kcal)
Carbohydrates	5.8 g
Sugars	3.2 g
Dietary fiber	2.5 g

Fat	0.1 g	
Protein	1.28 g	
Vitamins	Quantity	%DV[†]
Thiamine (B1)	0.061 mg	5%
Riboflavin (B2)	0.040 mg	3%
Niacin (B3)	0.234 mg	2%
Pantothenic acid (B5)	0.212 mg	4%
Vitamin B6	0.124 mg	10%
Folate (B9)	43 µg	11%
Vitamin C	36.6 mg	44%
Vitamin K	76 µg	72%
Minerals		
Calcium	40 mg	4%
Iron	0.47 mg	4%
Magnesium	12 mg	3%
Manganese	0.16 mg	8%
Phosphorus	26 mg	4%
Potassium	170 mg	4%
Sodium	18 mg	1%
Zinc	0.18 mg	2%
Other constituents		
Water	92 g	
Fluoride	1 µg	

(µg = micrograms | mg = milligrams | IU = International units) (“Cabbage,” 2021).

Table 1 gives a nutritional value in clear detail of all the carbohydrates, fat, protein, vitamins, minerals, and other constituents.



METHODOLOGY

This research has undertaken an experimentation method to examine patients suffering from chronic GERD and administer them raw cabbage juice. An experiment orientation of testing the proposed natural common plant-based source was used to reduce and cure gastroesophageal reflux disease. Patients suffering from Gastroesophageal reflux disease were identified through observation, inquiry, based on the request, and casual conversations. A friendly talk with colleagues, friends, and acquaintances of the common daily toils and joys of living has helped the researcher to identify the subject of Gastroesophageal reflux disease. The experiment used only one material for treating Gastroesophageal reflux disease. The common natural material used in the experiment was raw cabbage juice.

Raw cabbage juice preparation: Fresh cabbage is chopped into small pieces and ground in the mixer with the needed amount of water to a fine paste for extracting juice. The ground mixture is then filtered either with a sieve or a muslin cloth.

Administering cabbage juice to patients suffering from Gastroesophageal reflux disease: Every morning, the juice was administered to the GERD patients on an empty stomach. Usually, patients with GERD complain of acid reflux after they wake up in the morning. Administering cabbage juice on an empty stomach improves effectiveness. Sometimes, a few also complained of acid reflux after breakfast. However, the juice was administered to the patients in the morning. In certain severe cases, it was also administered before lunch.

Dosage of cabbage juice to patients: Patients with chronic or server conditions of GERD were administered 100ml and, for the occasional occurrence, 50ml.

FINDINGS AND DISCUSSIONS

Table 2: Administration of Doses to Patients

No	Patients	Severity/chronic/occasional	No. of doses Morning/Afternoon	Result
1	A - Patient	Chronic & severe	Morning 100ml	100% Cured in 3 days
2	B - Patient	Chronic & severe	Morning 100ml	100% Cured in a week
3	C - Patient	Chronic & severe	Morning 100ml	100% Cured in a week
4	D - Patient	Chronic & severe	Morning 100ml	100% Cured in two days
5	E - Patient	Chronic & severe	Morning 100ml	100% Cured in a day
6	F - Patient	Chronic & severe	Morning 100ml	100% Cured in a day
7	G - Patient	Chronic & severe	Morning 100ml	100% Cured in a day
8	H - Patient	Chronic & severe	Morning 100ml	100% Cured in a day
9	I - Patient	Chronic & severe	Morning 100ml	100% Cured in a day
10	J - Patient	Chronic & severe	Morning 100ml	100% Cured in a day

The participants in the experiment were all chronic GERD patients from different nationalities and cultures. The experiment was conducted over a period of one and a half years. The patients who got treated in this experiment also passed on the news of the cure to their family, friends, and acquaintances.

Patients with chronic and severe GERD were administered 100 ml of fresh raw cabbage juice extract every morning on an empty stomach. The patients were immediately relieved from the sensation of heartburn.

Patient A: Complained that he would die of severe GERD. After taking the fresh raw cabbage juice extract in the morning, he was relieved, continued for three days, and was fine.

Patient B: Moderate to severe GERD. Administered 50-100 ml in the morning for a week and was relieved. The researcher advised the patients to do moderate exercise.

Patient C: Complained experiencing GERD for many months. Administered 100 ml of fresh raw cabbage juice extract every morning and was cured in a week.

Patient D: The severity of the acid reflux was high in this patient. Administered 100 ml of fresh raw cabbage juice extract every morning for two days and was cured.

Patient E: Heartburn or acid reflux (GERD) was chronic and severe. Administered 100 ml of fresh raw cabbage juice extract every morning for a day or two was cured.

Patient F: Moderate to severe GERD. Administered 100 ml of fresh raw cabbage juice extract every morning for two days and was cured.

Patient G: The severity of the acid reflux was high in this patient. Administered 100 ml of fresh raw cabbage juice extract every morning for two days and was cured.

Patient H: The patient was administered 100 ml of fresh raw cabbage juice extract in the morning for a day. The symptom disappeared and was cured of GERD.

Patient I: Heartburn with severe acid reflux was between moderate and high. Administered 100 ml of fresh raw cabbage juice extract every morning for two days and was cured.

Patient J: Similar condition to that of patient I. Administered 100 ml of fresh raw cabbage juice extract every morning for two days and was cured.

All the patients did not complain of GERD after the cure. Patients in the experiment suffered severe discomfort and pain before this treatment. They also spent a lot of money paying for doctor's prescriptions. All the patients had chronic and severe pain of GERD and were cured completely within a few days. When patients were administered with fresh raw cabbage juice extract was administered, they were all relieved immediately from pain and discomfort.

A hundred percent cure was brought by administering plant-based fresh raw cabbage juice extract to chronic and severe GERD patients. Therefore, the null hypothesis is rejected.

H0: Patients suffering from chronic and severe gastroesophageal reflux disease when treated with fresh raw cabbage juice extract did not get cured.

And the alternate hypothesis is accepted:

H1: Patients suffering from chronic and severe gastroesophageal reflux disease, when treated with fresh raw cabbage juice extract, got hundred percent cured.

CONCLUSIONS

The results of this experimental study confirm that a hundred percent cure was brought by administering plant-based fresh raw cabbage juice extract to chronic and severe GERD patients. The composition of cabbage in its natural form has the potential to combat or counteract gastroesophageal reflux disease. The acid reflux (GERD) in the administered patients' bodies might have differential composition based on one's lifestyle, nature of work, and anxiety in life. But the fresh raw cabbage juice extract covered beyond these differential compositions and subdued GERD and yielded a cure in all the patients in the experiment. This is a miracle remedy. Cabbage is our food, and this food is also our medicine. Like the old saying, "Our food should be our medicine, and medicine should be our food." Everything is natural and living in the human body. Could a cure be brought to the natural human body through non-living things? This study proves the best and immediate cure for GERD is a plant-based solution. God created all the plants that are as food for man was designed according to the human body to repair, nourish, and cure all ailments caused by different walks of lifestyle. At the same time, one should be alerted to be back to a normal NEWSTART lifestyle. Further studies or experiments could be conducted on other digestive system-related diseases.

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