

Hi,

I just wanted to write you a quick note to let you know about my acid reflux.

I had been suffering for a few years with reflux, and actually, I didn't know what it was until my mainstream doctor prescribed a PPI to "help" with my condition.

After talking with Dr. Turner about this, he explained that the prescription PPI actually was worsening my symptoms and that I should stop taking it immediately. Instead, he told me to get apple cider vinegar with the "mother" and take a tablespoon a couple times per day before meals.

I made a trip to the local health food store, and actually found the stuff. I thought it was funny because I had never heard of the "mother" before. I did some research on the internet that really substantiated what Dr. Turner told me, so I was good to go.

I took a tablespoon with some cold water before breakfast on an empty stomach, and again before dinner. I experienced absolutely no more reflux from the first day. The taste of the stuff is pretty bad, but I knew that it was not only good for me, but I could feel it actually helping to heal whatever problems I had down there.

After a few days, I didn't even bother putting it into water, I just took it straight because there was less liquid to swallow!!

I am happy to say, that this treatment actually CURED my reflux! After only one week taking apple cider vinegar with the mother, I have no longer experienced reflux at all, and it has been almost 2 years.

Thank you for helping me with this problem, and thanks for the cure!

***Individual Results May Vary**