

Don't you want a product that protects you from acid reflux so you can eat anything you want?

BANANAID

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THE END OF GERD (*Gastroesophageal reflux disease*)

What Is GERD?

Gastroesophageal reflux disease (GERD), also known as an acid reflux or heartburn, is a chronic digestive disease. It occurs when the acid from the stomach flows back (reflux) into the oesophagus (food pipe). This acid reflux irritates, and can sometimes damage, the lining of the oesophagus.

In normal digestion, the muscular valve between the stomach and the oesophagus (food pipe), known as the lower oesophageal sphincter, opens to allow food to pass into the stomach, and closes to prevent food and acidic stomach juices from flowing back into the oesophagus.

Every once in a while, it is normal to experience acid reflux, where your stomach contents flow back up into your oesophagus. However, if this occurs more than twice a week for a few weeks, it could be a sign of GERD.

Over time, chronic inflammation in your esophagus can cause:

- **Narrowing of the esophagus (esophageal stricture).**
- **An open sore in the esophagus (esophageal ulcer).**
- **Precancerous changes to the esophagus (Barrett's esophagus).**

Resource: <https://www.parkwayeast.com.sg/specialties/medical-specialties/stomach-digestive/gastro-oesophageal-reflux-diseases>

The major consequence of GERD is the damage to esophagus lining. Therefore, if we can prevent **esophagus damage**, there will be no consequence to GERD. After 7 years of researching, the Bananaid GI specialists team developed this product to solve millions of patients' issues.



Resource: Build your Bite

What is Bananaid?

Bananaid is a blended smoothie powder that protects your esophagus from stomach acid burning. You can simply dissolve a bag of Bananaid smoothie powder into 8oz water or milk in the morning. Please make sure to drink it slowly so the creamy smoothie can stick to your esophagus and coat the lining.

Our naturally sticky and creamy ingredients – **banana, sticky rice and avocado** – create a strong coating protection on your esophagus. The perfect ingredients' proportion designed by our researchers maximize the effect. Once the smoothie is taken, it will stick on the esophagus for the whole day and protect you from acid.



Resource: NIPPON EXPRESS



Resource: serious eat



Resource: delish

For more information on this product, contact biomedpharmawustl@gmail.com

What are the causes of GERD?

There is no identifiable sole cause of gastroesophageal reflux disease. GERD usually occurs when the muscular valve between the stomach and the esophagus is weak.

Risk factors for GERD

- Increased abdominal pressure due to being overweight
- Certain diseases (Zollinger-Ellison syndrome, scleroderma)
- Hiatal hernia, a condition where the upper part of the stomach moves up into the chest, which lowers the pressure in the esophageal sphincter
- Increased production of gastrin, a hormone that regulates the release of stomach acid
- Certain foods and beverages, such as fried, spicy, or fatty foods, chocolate, peppermint, coffee, or alcohol
- Smoking or inhaling second-hand smoke
- Use of certain medications, including asthma medicines, calcium channel blockers, antihistamines, painkillers, sedatives, and antidepressants

Preventing and managing GERD

Several lifestyle changes and over-the-counter medications can be taken to control GERD

- Avoid consuming certain trigger foods and beverages, such as fried, spicy, or fatty foods, chocolate, peppermint, coffee, or alcoholic beverages
- Avoid overeating
- Not eating 2 – 3 hours before bedtime
- Losing weight if overweight or obese
- Taking over-the-counter medicines, such as antacids, for mild GERD, and H-2-receptor blockers or certain proton pump inhibitors for chronic, moderate GERD

Resource: <https://www.parkwayeast.com.sg/specialties/medical-specialties/stomach-digestive/gastro-oesophageal-reflux-diseases>

How does Bananaid help?

Fresh bananas are great for preventing acid reflux, because they contain very little acid. They coat the mucous lining of the esophagus, thus strengthening mucosal defenses against reflux. The fiber in bananas also speeds up the passage of food through the gut, preventing the stasis of food for longer than necessary in the stomach, and thus limiting acid production, while reducing the chances of acid reflux.

Resource: <https://www.news-medical.net/health/Foods-for-Heartburn.aspx>