

Weaning from Proton Pump Inhibitors (PPIs):

- Decrease Rx slowly over 2-3 months.
- Chew De-glycyrrhizinated licorice, commonly referred to by the acronym DGL, 700-800 mg 15-20 min before meals and at bedtime.
- Supplement with D-limonine, 1000 mg every other day x 20 days
- Supplement with 99.9% aloin-free aloe vera gel, 4 oz twice daily
- Ginger and/or dandelion root and/or digestive enzymes are helpful for symptoms control if you have nausea / gas / bloating. Consume with meals. Dandelion root is particularly helpful if ginger is too warm.
- Consider Magnesium supplementation and digestive enzymes if you have been on a PPI Rx long term, as well as prebiotics, probiotics and Vitamin D.
- If needed, add 150 mg ranitidine (Zantac) before dinner if the acidity is worse w/ supper and at night. Take it twice daily if you experience symptoms of excess acidity throughout the day.