



How to Wean Off Acid Blockers with Apple Cider Vinegar

FLCCC[®]
A L L I A N C E

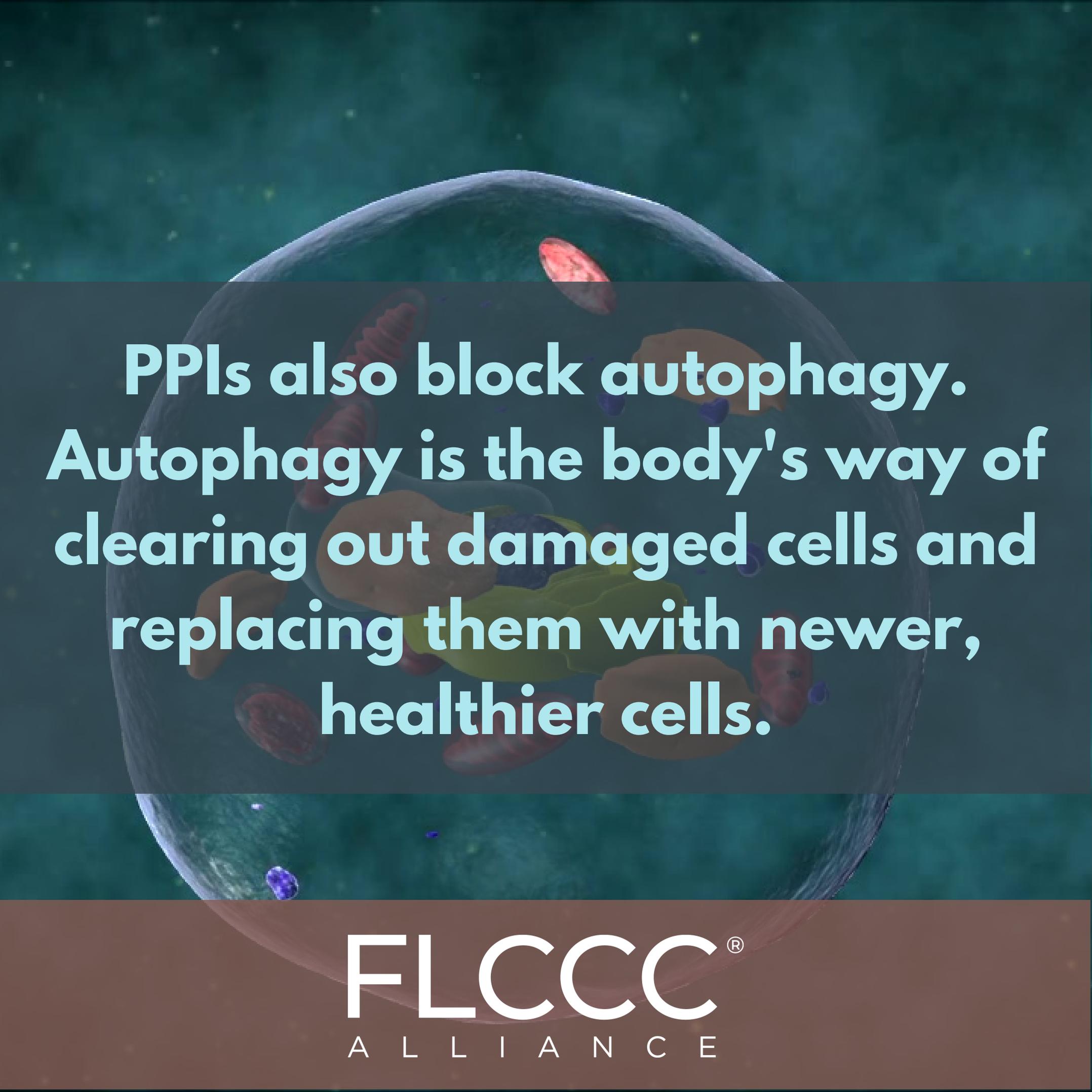


**Studies show that longterm use
of acid blocking drugs can cause
other health problems.**

FLCCC[®]
A L L I A N C E

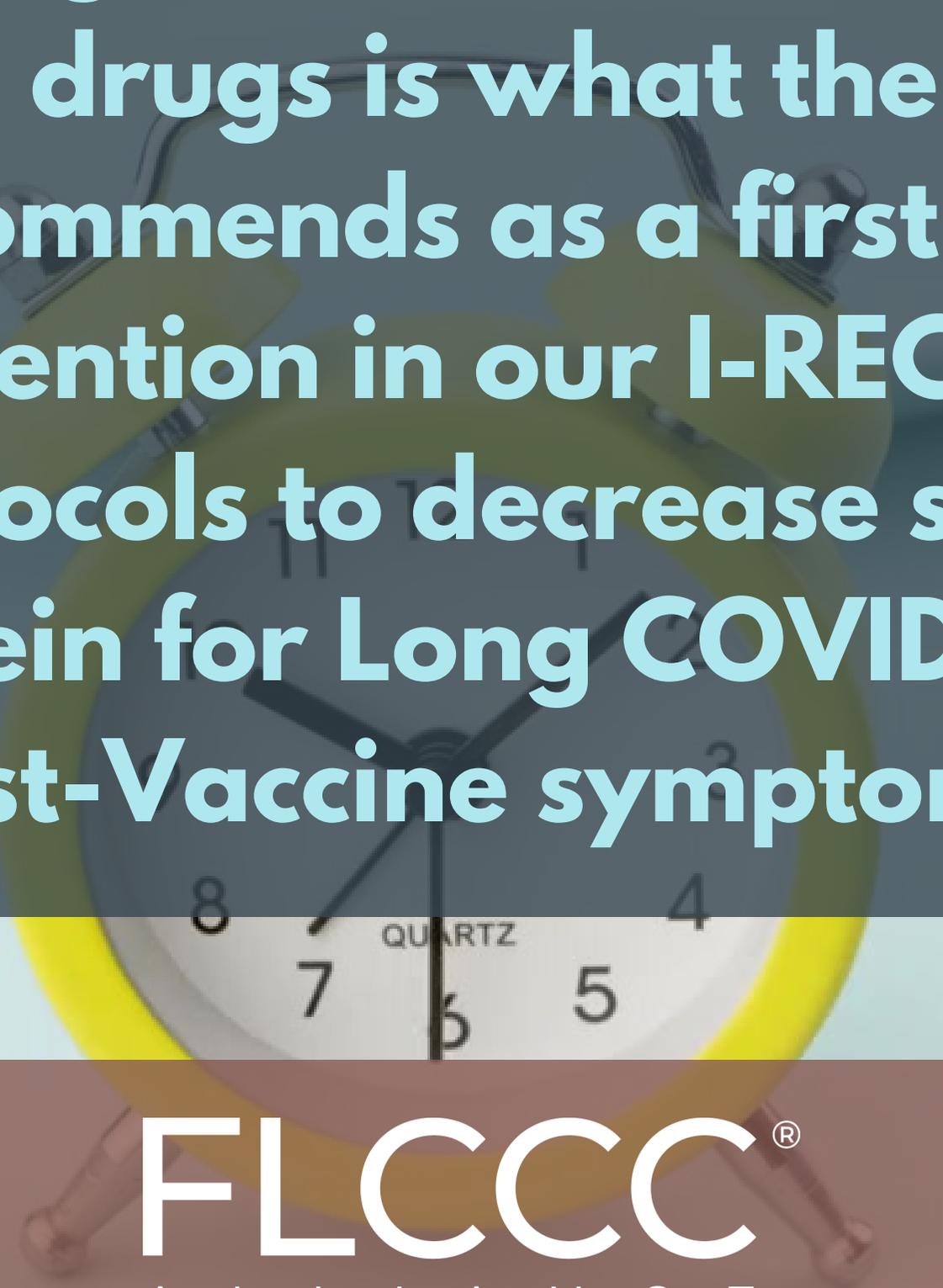
**Proton pump inhibitors (PPI)
such as Prilosec can
increase incidence of:**

- **kidney disease**
- **dementia**
- **increased risk of pneumonia**
- **bone fractures**
- **esophageal and gastric cancer**



PPIs also block autophagy. Autophagy is the body's way of clearing out damaged cells and replacing them with newer, healthier cells.

FLCCC®
A L L I A N C E



Autophagy via intermittent fasting, nutraceuticals, and certain drugs is what the FLCCC recommends as a first line intervention in our I-RECOVER protocols to decrease spike protein for Long COVID and Post-Vaccine symptoms.

FLCCC[®]
A L L I A N C E



**Always consult with your
healthcare provider before
trying to stop or start
medications to discuss risks and
benefits of this process.**

FLCCCC[®]
A L L I A N C E

The background of the image is a collage of medical-related items. At the top, there are three blue, oval-shaped capsules. Below them, a syringe with a blue plunger is visible. In the bottom left corner, there are several colorful pills (yellow, red, and orange). The background also features handwritten text in black ink, including the word 'acid' and 'reflux'.

**Steps to use apple cider vinegar
to wean from acid blockers:**

FLCCCC[®]
A L L I A N C E



FLCCC®
ALLIANCE



Remove triggers from your diet that may trigger increased acid production. A food diary may help to identify these triggers.

FLCCC[®]
A L L I A N C E



FLCCC®
ALLIANCE



**Remove heavily processed foods
and bad fats like processed
vegetable oils, high sugar foods,
poor quality dairy, and most
grain-based foods.**

FLCCC[®]
A L L I A N C E



FLCCC®
ALLIANCE



**APPLE CIDER
VINEGAR**

**Go slow, reduce the dose in half
and gradually wean off as you
add the apple cider vinegar.**

FLCCC[®]
A L L I A N C E



**Make sure when you choose an
apple cider vinegar that it has
the mother in the jar
(the fermented contents).**

FLC[®]CC
A L L I A N C E



**The apple cider vinegar solution
should contain the following:**

- **1-2 tablespoons of apple cider vinegar**
- **4-8 oz of water**

FLCCC[®]
A L L I A N C E

A woman with dark hair, wearing a yellow hoodie, is shown from the chest up, holding a clear glass to her lips and drinking. The background is a plain, light-colored wall. The image is overlaid with a semi-transparent dark blue rectangle containing white text, and a semi-transparent brown rectangle at the bottom containing the logo.

Use this mixture before your meals and if you find that you are having a feeling of increased acid. Some people have difficulties with this process and should stop if acid becomes worse.

FLCCC[®]
A L L I A N C E



FLCCC®
ALLIANCE



**Have patience with the process.
It can take some people months
to wean off acid blockers.**

FLCCC[®]
A L L I A N C E

A glass of water with a lemon slice and a bottle of baking soda. The background is a soft-focus kitchen setting with warm lighting.

Tip: Taking a teaspoon of baking soda with water is a natural antacid and can help with the weaning process.

FLCCC[®]
A L L I A N C E



Take control of your health.

**For more information:
flccc.net**

FLCCC[®]
A L L I A N C E