

Herbal remedies, the real alternative to medication.

Does Potato Juice Help Reduce Heartburn?

Interview with Professor Sigrun Chrubasik, Zurich Medical Practitioner and Professor at the Universities of Freiburg and Sydney



Professor Sigrun Chrubasik, Zurich Medical Practitioner and Professor:
«Heartburn and stomach complaints can be effectively treated with potato juice.»

What are the actual causes of the heartburn that affects many people?

The cause of heartburn is generally that there isn't a proper seal between the stomach and the oesophagus, which may be the result of a rupture of the diaphragm. But stress, overstimulation, rich, fatty foods, the wrong dietary habits, alcohol, excess weight, bending down, constipation, pregnancy, etc. can all cause the contents of the stomach to rise up into the oesophagus. And heartburn can also be a side effect of medication prescribed for such things as cardio-vascular or lung conditions.

What are the main problems associated with heartburn?

Heartburn occurs when the acidic contents of the stomach escape from the stomach into the oesophagus. Since, in contrast with the stomach, the oesophagus has a very sensitive lining, it becomes inflamed and creates a burning or painful sensation or discomfort below the sternum, or a bitter aftertaste when belching. Other painful effects are stomach cramps, feeling bloated, feeling full-up very quickly, nausea, retching and vomiting. Usually, heartburn is connected to the type and quantity of food and it also frequently occurs at night when you are sleeping. Quite often, these symptoms are mistaken for heart problems. Other symptoms can include problems swallowing, hoarseness in the morning and chronic belching. Less well known is the fact that backflow of the stomach contents into the oesophagus can lead to chronic coughing and even asthma.

Which forms can heartburn and associated problems take?

Persistent heartburn must be treated, as otherwise the chronic inflammation can be the starting point for cancer of the oesophagus.

What advice can you offer those affected?

First of all, drink potato juice regularly. If the heartburn does not wear off within a month, then it is essential that the cause is investigated. At that point there is no alternative but to undergo a gastroscopic examination, which involves having a «tube» down your throat.

Are there studies which prove the effectiveness of potato juice?

There is a publicised study which shows that two thirds of the patients with heartburn benefited from potato juice within a week. Both the gastro-intestinal problems and the quality of life had improved and the patients rated the success of the treatment as «very good» or «good».

What is the recommended dosage for potato juice?

Drink one glass (approx. 100 ml) before every meal or as required according to the severity of the problem. The dose can safely be increased accordingly. However, if there is no improvement, it is imperative that the cause of the heartburn is properly investigated.

The Potato

- Potatoes are one of the most healthy and widely available foods
- They have a very high mineral and starch content
- Rich in secondary vegetable materials
- Vitamin C, vitamin B1 (thiamine), vitamin B2 (riboflavin) and vitamin B6 (pyridoxine)
- Niacin, pantothenic acid, potassium, calcium, phosphor, magnesium, copper, iron, zinc and manganese

Potato juice is obtainable from chemists, drug stores and health food shops