Mindluster Platform

About the course Gastroesophageal Reflux Disease

Gastroesophageal Reflux Disease course, in this course we'll delve into the complexities of gastroesophageal reflux disease (GERD), a chronic condition affecting the digestive system. Explore its causes, symptoms, and potential complications such as esophagitis and Barrett's esophagus. Learn about diagnostic procedures and treatment options, including lifestyle modifications, medications, and surgical interventions. Understand how diet, stress, and obesity can influence GERD symptoms and exacerbate the condition. Join us to gain comprehensive insights into managing GERD effectively and improving quality of life for individuals affected by this disorder.

Medical Category's Courses

Course Lesson(150)

Lesson 1 : **BILE What is BILE and Where is it Produced â€“ Dr Berg**

Lesson 2 : **How to Reduce Bloating Quickly Bloating Remedies â€“ Dr Berg**

Lesson 3 : **Bloating Indigestion Constipation Acid Reflux â€“ Dr Berg**

Lesson 4 : **Dr Berg s Raw Wheat Grass Juice Powder how to use it**

Lesson 5 : **How to Lose Body Fat while Sleeping â€“ Webinar by Dr Berg**

Lesson 6 : **Nutrient Absorption Digestion â€“ Dr Berg s Webinar**

Lesson 7 : **Dr Berg s Upcoming Health Webinar Series**

Lesson 8 : **Evaluation Basics Part 1**

Lesson 9 : **How to do a Real Health Evaluation**

Lesson 10 :
The OTHER Reasons Why People Can t Lose Weight â€“ Dr Berg on Weight Loss Barriers

Lesson 11 : **Weird Symptoms Explained by Dr Berg**

Lesson 12 :
Adrenal Discovery â€“ High Cortisol Levels Blood Sugar Levels Adrenal Stress â€“ Dr Berg

Lesson 13 : **Problems Being A Vegetarian â€“ Dr Berg on Downsides of Vegetarian Diets**

Lesson 14 : **How Does the Digestive System Works â€“ Dr Berg**

Lesson 15 : **The Best Adrenal Supplement for Adrenal Fatigue**

Lesson 16 : **Crohns Disease Success**

Lesson 17 : **Cheryl Jackson Radio Interview on 104 1 Talking about the Adrenal**

Lesson 18 : **What are Carbohydrates**

Lesson 19 : **Adrenal Burnout**

Lesson 20 : **Adrenal Stress and Your Sleep**

Lesson 21 : **How to Reduce Bloating Quickly Bloating Remedies â€“ Dr Berg**

Lesson 22 :
Gastroesophageal Reflux Disease GERD â€“ Causes Symptoms and Treatment â€“ Dr Berg

Lesson 23 : **Nutrient Absorption Digestion â€“ Dr Berg s Webinar**

Lesson 24 : **The Importance of Hydrochloric acid HCL in the Stomach â€“ Dr Berg**

Lesson 25 : **BILE What is BILE and Where is it Produced â€“ Dr Berg**

Lesson 26 : **Irritable Bowel Syndrome IBS â€“ Top 5 Tips â€“ Dr Berg**

Lesson 27 : **How to Reduce Bloating Quickly Bloating Remedies â€“ Dr Berg**

Lesson 28 : **Amazing Gallbladder FLUSH Using Acupressure â€“ Dr Berg**

Lesson 29 : **How to STOP Bloating â€“ 5 Healthy Tips to Lose Belly Fat â€“ Dr Berg**

Lesson 30 : **Bloating Indigestion Constipation Acid Reflux â€“ Dr Berg**

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Lesson 37 : **Why am I Bloated**

Lesson 38 : **Your Digestive System Explained in Simple Terms**

Lesson 39 : **What Causes Constipation Can Eating More Fiber Help â€“ Dr Berg**

Lesson 40 : **Is Acid in Stomach Unhealthy Explained By Dr Berg**

Lesson 41 : **What Causes Liver Spots Age Spots â€“ Dr Berg on Vitamin C Deficiency**

Lesson 42 : **What Causes Burping â€“ Dr Berg**

Lesson 43 : **Friendly Bacteria Why You Really Need And how it Helps â€“ Dr Berg**

Lesson 44 : **High Low Lectin Foods Digestive Problems Explained by Dr Berg**

Lesson 45 : **What is the Best Food for Good Friendly Bacteria â€“ Dr Berg**

Lesson 46 : **10 Side Effects of TUMS Antacid Calcium Carbonate â€“ Dr Berg**

Lesson 47 : **What is the Isomaltooligosaccharides IMO Sweetener**

Lesson 48 : **Best Tips for Tinea Versicolor Treatment Skin Fungus â€“ Dr Berg**

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Lesson 50 : **Why Do You Need Salt For Better Protein Digestion â€“ Dr Berg**

Lesson 51 : **The Dangers Side Effects of Taking Baking Soda For Acid Reflux â€“ Dr Berg**

Lesson 52 : **Need Potassium to Make Stomach Acid Dr Berg on Potassium Low Stomach Acid**

Lesson 53 : **Effects of Acid Suppressing Proton Pump Inhibitors PPIs on the Body â€“ Dr Berg**

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Lesson 59 : **Why do I Have Bloating and Gas on Keto Diet â€“ Dr Berg**

Lesson 60 : **How to STOP Small Intestine Bacterial Overgrowth SIBO â€“ Dr Berg**

Lesson 61 : **Natural Remedies for GERD Gastroesophageal Reflux Disease Dr Berg**

Lesson 62 : **How To Get Rid of Abdominal Gas and Bloating â€“ Dr Berg**

Lesson 63 : **What Is Betaine HCL â€“ Dr Berg Explains How To Use It**

Lesson 64 : **Does Apple Cider Vinegar Burn Your Stomach â€“ Dr Berg**

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Sticky Tarry Black Stool on Keto Diet Here s Why â€“ Bowel Movement Steatorrhea â€“ Dr Berg

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How to Lower Your Ammonia From Liver Cirrhosis Ammonia Toxicity In Liver â€“ Dr Berg

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Lesson 72 : **Prebiotics vs Probiotics Difference Between Prebiotics And Probiotics â€“ Dr Berg**

Lesson 73 : **Food Allergies VS Digestion Issues on Keto Diet â€“ Dr Berg**

Lesson 74 : **7 Reasons for Bloating Especially on Keto Ketogenic Diet â€“ Dr Berg**

Lesson 75 :
The Brain Gut Connection Anxiety Stress Coming from Missing Gut Bacteria â€“ Dr Berg

Lesson 76 :
Use Massage Technique for GERD Gastroesophageal Reflux Disease â€“ Dr Berg On Treating GERD At Home

Lesson 77 : **What Would Happen if You Get Rid of All Gut Bacteria â€“ Dr Berg**

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Lesson 81 : **Burning Throat Syndrome or Silent Acid Reflux Causes â€“ Dr Berg**

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Lesson 86 : **Food Poisoning Causes Symptoms Treatment by Dr Berg**

Lesson 87 : **Why Gastric Bypass Reverses Diabetes and Many Diseases**

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Baking Soda vs ACV Apple Cider Vinegar for Indigestion â€“ Dr Berg Answers Which is Better

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Lesson 98 : **Symptoms of GERD Gastroesophageal Reflux Disease â€“ Dr Berg**

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Lesson 100 : **Intestinal Obstruction Vitamin Deficiencies â€“ Dr Berg**

Lesson 101 : **Your Immune System Is Mostly Gut Bacteria**

Lesson 102 : **The Alkalize Your Body and Fight Disease MYTH â€“ Dr Berg**

Lesson 103 : **Speed Up Digestion**

Lesson 104 :
What s Really Behind Leaky Gut â€“ Dr Berg On Leaky Gut Symptoms Vitamin C Deficiency

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Lesson 107 : **Use Bile Salts for SIBO Small Intestinal Bacterial Overgrowth â€“ Dr Berg**

Lesson 108 : **What is Bile Reflux**

Lesson 109 :
The Two Causes for GERD â€“ Gastroesophageal Reflux Disease Acid Reflux â€“ Dr Berg

Lesson 110 : **Colon Cleansing My Opinion**

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Lesson 113 : **The Benefits of Lactobacillus a Friendly Microbe**

Lesson 114 : **Do You Have Salad Bloating Syndrome**

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Lesson 121 : **Gastric Ulcers Are a Zinc Deficiency**

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Lesson 135 : **Do We REALLY Have 5 to 20 lbs of Toxic Poop in Our Colons**

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Lesson 148 : **A Simple Test for Low Stomach Acid**

Lesson 149 : **Revealing the 1 Hidden Source of Digestive Problems**

Lesson 150 : **Bloating The Ultimate Indicator of the Right Diet**

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for Business Contact
business@mindluster.com