The good and the bad, The Choice Is Yours...

Zypan	Tums or Zantac
Alternative health care doctors agree that most people over the age of 40 are lacking in HCL (Hydrochloric Acid)	Calcium carbonate found in Tums is a poor source of calcium and provides a false sense of security that calcium demands are being met.
Zypan, a source of Hydrochloric Acid, pancreatic enzymes and pepsin, aids in the digestion of fats, proteins, and carbohydrates.	High PH drugs designed to deal with the symptoms of poor digestion.
Acid reflux, hiatal hernia, burping, and belching following meals, diarrhea or constipation can all be signs of inadequate hydrochloric acid.	Antacids are often covering up signs of more serious conditions including asthma, adrenal failure, diabetes, rheumatoid arthritis and thyroid problems
HCL increases phagocytosis (Blood cells that destroy bacteria and cell waste in the blood stream)	Poorly digested food can lead to leaky gut syndrome where undigested food particles pass into the blood stream and the body mounts an immune response to this.
Harmful bacteria and parasites destroyed with proper acidification of the gut.	Chronic antacid use is the main cause of malabsorption syndrome, intestinal damage, and yeast overgrowth.
Proper stomach ph leads to absorption of calcium, vitamin B-12 and other nutrients	Calcium and vitamin B-12 are poorly absorbed without HCL.