What Is Generally NOT Known About Acid Reflux! (Part 1 of 2)

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known by

many oth-

er names,

heartburn,

such as

indiges-

tion, and

[Including its Role in Developing Degenerative Diseases!]

The lack of this knowledge by those who suffer from over-acid conditions, like Acid Reflux, will in time result in far worse health conditions and diseases. For example, cancer cannot grow in a body that is pH balanced; but will proliferate when the body is too acidic.

In Part
1 of this
2-Part article, I will share the first of three causes of
Acid Reflux.
So, let's begin...

Acid Reflux is a modern diagnostic term for a condition that has, for centuries,



over-acidity. And now longterm Acid Reflux is called, Gastroesophageal Reflux Disease (GERD).

Its original terms, "heartburn" or "indigestion" described the backward flow (or Reflux) of stomach "acid" into your esophagus, hence the new term "Acid Reflux."

Symptoms resulting from this backward flow are mild to severe burning of the esophageal lining and chest pain. Ongoing stomach-acid assaults on the esophagus will, in time, damage and ulcerate the esophageal lining causing other esophageal-related conditions, and worse.

The commonly known causes of Acid Reflux are lifestyle-related and include diet, drugs, smoking, inhaling secondhand smoke, alcohol, caffeinated beverages, and tight clothing around the abdomen.

However, there are other causes, including other lifestyle practices, that interfere with the laws (or principles) of digestion and lead to Acid Reflux that you may not be aware of.

HOW THE BODY WORKS: When you do not

understand and/or respect the Law of Gravity, you cause injury to yourself. The same applies to the nutritional biochemical laws that govern the healthy function of your body, and in this case, specifically, the laws that govern the healthy function of the Digestive System and prevent Acid Reflux.

Here is how the body works: At the onset of smelling, tasting, or chewing food, the stomach lining is signaled to release gastric acids into the stomach, so it is ready to digest the foods you consume. Hydrochloric Acid (HCL) is its primary gastric (stomach) acid.

CAUSE #1: However, when your body is unable to produce sufficient gastric acids, the undigested food sits too long in the stomach and begins to ferment and rot.

Sufficient gastric acids in the stomach are the signal for the small intestines to open and receive the stomach contents to begin the next phase of digestion. However, when this does not occur due to insufficient gastric acids, the fermented, rotting stomach contents try to escape in the opposite direction, thus backflows into the esophagus, causing the symptoms of Acid Reflux.

So, one cause of Acid Reflux (which also causes stomach ulcers) is the acids of the fermenting and rotting foods due to <u>insufficient HCL</u> and other gastric acids. Also, without sufficient gastric acids in your stomach, you have lost one of your body's first lines of defense and that is to destroy pathogenic bacteria and other germs that come in by way of the esophagus.

ELIZABETH HAS NO MORE ACID REFLUX. Elizabeth suffered from severe Acid Reflux 4 to 5 times a week until she started Clinical Nutrition Therapy.

In Part 2 of this 2-part article, I will share the 2nd and 3rd causes of Acid Reflux, what is actually happening to your body when you take anti-acid and acid-stopping drugs, and provide you with healthier solutions to end Acid Reflux once and for all.

FOR HELP no matter where you live, please call me at 940-761-4045. First Consultation Free!

Dr. Smith is the owner of

ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Tx, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health

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GLENDALE

CERTIFICATE OF ELECTION REGULAR MUNICIPAL ELECTION APRIL 5, 2022

At a Mail Ballot Election held in the municipality of the City of Glendale, County of Arapahoe, and State of Colorado, on April 5, 2022, the following were the number of votes annexed:

CITY COUNCIL	VOTES	TERM
NUMBER OF VOTES FOR		
DARIO KATARDZIC:	ONE HUNDRED TWENTY (120)	Four Year Term
NUMBER OF VOTES FOR		
DORIS RIGONI:	ONE HUNDRED TWENTY-NINE 129)	Four Year Term
NUMBER OF VOTES FOR		
DVAN THCHSCHEDED:	ONE HUNDRED TWELVE (112)	Two Voor Torm

BALLOT ISSUE 2A:

SHALL THE CITY OF GLENDALE'S TAXES BE INCREASED \$642,000 FOR THE FISCAL YEAR ENDING DECEMBER 31, 2023, AND BY ANY ADDITIONAL AMOUNTS THAT ARE RAISED ANNUALLY THEREAFTER, BY THE IMPOSITION OF AN ADDITIONAL AD VALOREM MILL LEVY OF 3 MILLS (TOTAL OF 21.67 MILLS) ON ALL TAXABLE PROPERTY IN THE CITY COMMENCING JANUARY 1, 2023, FOR THE PURPOSE OF CONSTRUCTING AND MAINTAINING PUBLIC IMPROVEMENTS WITHIN THE CITY, INCLUDING THE PARKS, SPORTS CENTER, SIDEWALKS, BIKE PATHS, LANDSCAPING AND PUBLIC PARKING, AND SHALL THE CITY OF GLENDALE BE AUTHORIZED TO COLLECT, RETAIN AND SPEND SUCH TAX REVENUES, INCLUDING FOR EACH YEAR, ANY INVESTMENT EARNINGS AND INTEREST ON SUCH REVENUES, AS A VOTER APPROVED REVENUE CHANGE UNDER ARTICLE X, SECTION 20, OF THE COLORADO CONSTITUTION OR ANY OTHER I AW?

NUMBER OF VOTES CAST:	ONE HUNDRED NINETY-ONE (191)
NUMBER OF YES VOTES:	EIGHTY-NINE (89)
NUMBER OF NO VOTES:	ONE HUNDRED TWO (102)

BALLOT ISSUE 2B:

SHALL CITY OF GLENDALE TAXES BE INCREASED BY \$246,000 IN 2022 AND \$592,000 IN 2023 (FIRST FULL FISCAL YEAR INCREASE) AND BY WHATEVER AMOUNTS AS ARE RAISED ANNUALLY THEREAFTER FROM A SEPARATE ADDITIONAL MARIJUANA TAX ON THE SALE OF MARIJUANA AND MARIJUANA PRODUCTS IN THE CITY OF GLENDALE, SUCH TAX TO BE AT THE RATE OF ONE POINT EIGHT FIVE PERCENT (1.85%) OF THE RETAIL PRICE OF THE MARIJUANA OR MARIJUANA PRODUCT TRANSACTION COMMENCING ON AUGUST 1, 2022 FOR THE PURPOSE OF CONSTRUCTING AND MAINTAINING PUBLIC IMPROVEMENTS WITHIN THE CITY, INCLUDING THE PARKS, SPORTS CENTER, SIDEWALKS, BIKE PATHS, LANDSCAPING AND PUBLIC PARKING AND SHALL THE CITY OF GLENDALE BE AUTHORIZED TO COLLECT, RETAIN AND SPEND SUCH MARIJUANA TAX REVENUES, INCLUDING FOR EACH YEAR, ANY INVESTMENT EARNINGS AND INTEREST ON SUCH REVENUES, AS A VOTER APPROVED REVENUE CHANGE UNDER ARTICLE X, SECTION 20, OF THE COLORADO CONSTITUTION OR ANY OTHER LAW?

NUMBER OF VOTES CAST:	ONE HUNDRED NINETY-THREE (193)
NUMBER OF YES VOTES:	ONE HUNDRED FOUR (104)
NUMBER OF NO VOTES:	EIGHTY-NINE (89)

BALLOT ISSUE 2C:

SHALL SECTION 4.2 OF THE HOME RULE CHARTER OF THE CITY OF GLENDALE, COLORADO, BE AMENDED TO STATE THAT THE MAYOR AND CITY COUNCIL MEMBERS SHALL SERVE NO MORE THAN FOUR (4) CONSECUTIVE TERMS?

NUMBER OF VOTES CAST:	. ONE HUNDRED NINETY-THREE (193)
NUMBER OF YES VOTES:	ONE HUNDRED FIFTY-EIGHT (158)
NUMBER OF NO VOTES:	THIRTY-FIVE (35)

BALLOT ISSUE 2D:

SHALL ALL REFERENCES TO THE WORDS "COUNCILMAN" OR "COUNCILMEN" IN THE HOME RULE CHARTER OF THE CITY OF GLENDALE, COLORADO, BE AMENDED TO THE WORDS "COUNCIL MEMBER"

NUMBER OF YES VOTES:NUMBER OF NO VOTES:	
NUMBER OF BALLOTS MAILED TO VOTERS:	2380
NUMBER OF BALLOTS COUNTED:	. 193
NUMBER OF BALLOTS IN POSSESSION AND	NOT COUNTED:
Unused supply	. 196
Ballots Undeliverable	. 69
a Ballots Returned after A	pril 5, 2022, 7:00 p.m5
bSpoiled	0
c Discrepant Signatures n	

NUMBER OF VOTES CAST:..... ONE HUNDRED NINETY-THREE (193)

We, the undersigned do hereby certify that the above is a true and correct abstract of the votes cast at said election, as shown by the returns from the voting in said election.

Witness our signatures this 13th day of April, 2022:

Veronica Marvin, City Clerk

Madeline Gauthier, Election Assistant

Published in The Villager Published: April 21, 2022 Legal # 10743 CITY OF GLENDALE, COLORADO PUBLIC NOTICE OF VOTER APPROVAL OF HOME RULE CHARTER AMENDMENTS

At an election held April 5, 2022, the following charter amendments were approved by the voters of the City of Glendale, Colorado:

FIRST APPROVED CHARTER AMENDMENT:

Full text of Amendment: Amend section 4.2(e) to read as follows: (words to be deleted are underlined, words to be added shown in bold type)

SECTION 4.2 TERMS OF OFFICE — MAYOR AND COUNCILMEN.

e. The Mayor and Councilmen shall serve no more than three (3) four (4) consecutive terms. For the purposes of this provision, a "term" shall include the balance of an unexpired term served by a person appointed to fill a vacancy if such unexpired term exceeds twenty-four (24) months.

SECOND APPROVED CHARTER AMENDMENT:

Full text of Amendment: Amend Charter to read as follows: (words to be deleted are underlined, words to be added shown in bold type)

All references to the words "councilman" or "councilmen" in the Home Rule Charter of the City of Glendale, Colorado, be amended to the words "council member" or "council members?

Dated the 13th day of April, 2022 City of Glendale, Colorado Veronica Marvin, City Clerk

Published in The Villager Published: April 21, 2022 Legal # 10744

What Is Generally NOT Known About Acid Reflux! (Part 2 of 2)

[Including its Role in Developing Degenerative Diseases!]

In Part 1 of this 2-Part article, I shared the first of three causes of Acid Reflux that you may not be aware of and explained how the body produces Acid Reflux. So, let's continue with Cause #2...

CAUSE #2: The dietary lifestyle practice of drinking water or any beverage with food is another cause of Acid Reflux.

If you spilled acid from your vehicle's battery onto your driveway, you would dilute the acid with water until it is safe to walk on again.

Drinking water or other beverages with solid food dilutes the gastric acids released into your stomach to digest it, just like water dilutes battery acid. Diluting the quantity and strength of your gastric acids causes undigested, fermented, and rotted food to remain in your stomach as described in Part 1 of this 2-Part article. This is also another cause of protruding stomachs.



"Take Time for Your Health or Make Time for Your Disease!"

y Dr. Donna F. Smith

CAUSE #3: The reason Diet is listed in Part 1, among the most commonly known causes of Acid Reflux, is because consuming a higher ratio of acid-forming foods to alkaline-forming foods produces over-acidity, leading to Acid Reflux, other acid-related conditions and in time, degenerative diseases, even cancer.

MARY HAS NO MORE ACID REFLUX: Mary suffered from Acid Reflux every day for 19 years, despite the Proton pump inhibitor drugs her physician had prescribed. Three weeks after an internet search helped her find me, she had no more Acid Reflux. Even now, over a year later, she still does not have Acid Reflux.

WHAT HAPPENS WHEN YOU TAKE DRUGS FOR ACID RE-FLUX? Anti-acid drugs create an alkaline environment in the stomach, i.e., they neutralize the bad acids from undigested, fermented, and rotted food AND the good acids, the gastric acids being produced by the stomach lining to digest your food. And acid-stopping drugs, like Proton pump inhibitors, block the enzyme in the

gastric acids.

NUTRITION FACT
#26: 'At least 99% of those suffering from Acid Reflux, in reality, are suffering from too little (and diluted) gastric acids.' [Dr. Janet

stomach lining that produces

In time, the digestive system becomes weaker and weaker, as well as increasingly toxic, and unable to digest, absorb, and transport the nutrients from food to the cells.

Lang, 2003]

Digestive dysfunction from alkalizing drugs, and insufficient, diluted gastric acids, in time, causes all cells to become malnourished.

Malnourished cells, then decay (rot) and die, which

1) attracts worms and germs [viruses, bacteria, etc.], 2) increases overall body acidity and toxicity, 3) becomes sources of inflammation (pain), 4) starts the process of developing degenerative diseases, and 5) creates the internal environment for cancers to feed on and proliferate.

SOLUTION TO END-ING ACID REFLUX: The solution to Acid Reflux and 1) to 5) above is the same 2-Step Healing Process I have shared in several articles of The Villager, for any health condition or disease, and that is: #1 a Clinical Nutrition Analysis (CNA) from testing your biochemistry to identify the nutrients your unique body requires to heal itself and #2 Stop what is interfering with its healing processes.

Concerning #1 above, as it relates to Acid Reflux, a CNA identifies the specific nutrients you require to produce sufficient gastric acids. And concerning #2, throughout both parts of this article, I have provided a list of causes and interferences to healing Acid Reflux.

NUTRITION FACT #27: Being Healthy Requires a Principle-Centered Lifestyle, i.e., one that works in harmony with, instead of against, the principles or laws that govern the healthy function of the human body.

Acid Reflux is evidence of working against the biochemical laws of the Digestive System.

For help, please call me at (940) 761-4045 First Consultation Free!

Dr. Smith is the owner of **ADVANCED CLINICAL NUTRITION** (Est. 1981) in Wichita Falls, Tx, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health.

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-Continued from previous page-

The Bidder must supply all information required by the Bidding Requirements and Contract Documents. The Arapahoe County Public Airport Authority reserves the right to waive any informality in or to reject any or all portions of the various bid items or reject any and all bids and make the award deemed in the best interest of the Airport Authority. No proposal may be withdrawn for a period of 30 days from the opening thereof.

Any questions must be submitted to Marty Brown, Jacobs, via email: marty.brown1@jacobs.com. Questions are due by 10:00 a.m., May 26, 2022. Questions received after this time will not be accepted.

Published in The Villager Published: April 28, 2022 Legal # 10755

NOTICE OF CANCELLATION OF REGULAR ELECTION BY THE DESIGNATED ELECTION OFFICIAL BUFFALO RIDGE METROPOLITAN DISTRICT

NOTICE IS HEREBY GIVEN by the Buffalo Ridge Metropolitan District of Adams County, Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled including candidates filling affidavits of intent to be write-in candidates; therefore, the regular election to be held on May 3, 2022, is hereby canceled pursuant to Section 1-13.5-513(6), C.R.S.The following candidates are hereby declared elected:

Russell N. Watterson, Jr. to a 3-year term until May 2025 Charles D. Foster to a 3-year term until May 2025

John G. Fair to a 1-year term until May 2023

BUFFALO RIDGE METROPOLITAN DISTRICT

By: /s/ Brenden Desmond

Designated Election Official Published in The Villager Published: April 28, 2022 Legal # 10756

NOTICE OF CANCELLATION OF REGULAR ELECTION BY THE DESIGNATED ELECTION OFFICIAL CHERRYVALE SANITATION DISTRICT

NOTICE IS HEREBY GIVEN by the Cherryvale Sanitation District of Arapahoe County, State of Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled including candidates filing affidavits of intent to be write-in candidates; therefore, the regular election to be held on May 3, 2022, is hereby canceled pursuant to Section 1-13.5-513(6), C.R.S.The following candidates are hereby declared elected:

Vacancy (2022-2023) Vacancy (2022-2023) Vacancy (2022-2025) Vacancy (2022-2025)

CHERRYVALE SANITATION DISTRICT

By: /s/ <u>Brenden Desmond</u> Designated Election Official Published in The Villager Published: April 28, 2022 Legal # 10757

NOTICE OF FINAL SETTLEMENT

NOTICE IS HEREBY GIVEN pur-

suant to § 38-26-107, C.R.S., that on May 16, 2022 final settlement with Insituform Technologies, LLC, will be made by Goldsmith Gulch Sanitation District for the "2021 Capital Improvement Program Project" subject to satisfactory final inspection and acceptance of said facilities by the District. Any individual, corporation, government or governmental subdivision or agency, business trust, estate, trust, limited liability

company, partnership, associa tion, or other legal entity that has nance, or other supplies used or consumed by such contractor or performance of the work contracted to be done or that has supplied laborers, rental machinery, tools, or equipment to the extent used in the prosecution of the work, and whose claim therefor has not been paid by the contractor or subcontractor, at any time up to and including the contracted to be done, is required to file a verified statement of the amount due and unpaid, and an account of such claim with Goldsmith Gulch Sanitation District, c/o. Lisa Johnson, CliftonLarsonAllen, 8390 E. Crescent Parkway, Suite 300, Greenwood Village, CO 80111, on or before the date here of any claimant to file such verified statement of claim prior to final settlement will release the District, its Board of Directors, officers, employees and agents of and from any and all liability for such claim.

Goldsmith Gulch Sanitation District

Published in The Villager Published: April 28, 2022 Legal # 10758

NOTICE OF CANCELLATION OF REGULAR ELECTION BY THE DESIGNATED ELECTION OFFICIAL GREENWOOD CONSOLIDATED METROPOLITAN DISTRICT

NOTICE IS HEREBY GIVEN by the Greenwood Consolidated Metropolitan District of Arapahoe County and the City and County of Denver, Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled including candidates filling affidavits of intent to be write-in candidates; therefore, the regular election to be held on May 3, 2022, is hereby canceled

pursuant to Section 1-13.5-513(6), C.R.S.The following candidates are hereby declared elected:

Bart Brundage to a 3-year term until May 2025 Vacancy (2022-2025) Vacancy (2022-2023)

GREENWOOD CONSOLIDATED METROPOLITAN DISTRICT

By: /s/ Courtney Linney, Designated Election Official

Published in The Villager Published: April 28, 2022 Legal # 10759

NOTICE OF CANCELLATION OF REGULAR ELECTION BY THE DESIGNATED ELECTION OFFICIAL HARRISON OAKS METROPOLITAN DISTRICT

NOTICE IS HEREBY GIVEN by

the Harrison Oaks Metropolitan District, City of Greenwood Village, Arapahoe County, State of Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled including candidates fling affidavits of intent to be write-incandidates; therefore, the regular election to be held on May 3, 2022, is hereby canceled pursuant to

Section 1-13.5-513(6), C.R.S. The

following candidates are hereby

declared elected:

Vacancy (2022-2023) Vacancy (2022-2023) Vacancy (2022-2025) Vacancy (2022-2025) Vacancy (2022-2025)

HARRISON OAKS METROPOLITAN DISTRICT

By: /s/ Brenden Desmond Designated Election Official

Published in The Villager Published: April 28, 2022 Legal # 10760 NOTICE OF CANCELLATION OF REGULAR ELECTION BY THE DESIGNATED ELECTION OFFICIAL SOUTHEAST PUBLIC IMPROVEMENT METROPOLITAN DISTRICT

NOTICE IS HEREBY GIVEN by the Southeast Public Improvement Metropolitan District, City and County of Denver and Arapahoe and Douglas Counties, State of Colorado, that at the close of business on the sixty-third day before the election, there were not more candidates for director than offices to be filled including candidates filling affidavits of intent to be write-in candidates; therefore, the regular election to be held on May 3, 2022, is hereby canceled pursuant to Section 1-13.5-513(6), C.R.S. The following candidates

Gregory Kelly to a 3-year term until May 2025 Peter Culshaw to a 3-year term until May 2025 Thomas Ashburn to a 3-year term

SOUTHEAST PUBLIC IMPROVEMENT METROPOLITAN DISTRICT

until May 2025

By: /s/ Brenden Desmond Designated Election Official

Published in The Villager Published: April 28, 2022 Legal # 10761

NOTICE TO CREDITORS

NOTICE TO CREDITORS Estate of Alan J. Gilbert, a/k/a Alan Jay Gilbert and Alan Gilbert, Deceased Case Number 22PR30383

All persons having claims against the above-named estate are required to present them to the personal representative or to District Court of Arapahoe, County, Colorado on or before August 21, 2022, or the claims may be forever barred. Barry S. Gilbert Personal Representative 2751 South Clarkson St. Englewood, CO, 80113 Published in The Villager First Publication: April 21, 2022 Last Publication: May 5, 2022 Legal # 10745

NAME CHANGE

ARAPAHOE COUNTY, COLORADO 1790 West Littleton Blvd. Littleton, CO 80120 Case No.: 2022 CV 100202 PUBLIC NOTICE OF PETITION FOR CHANGE OF NAME

Public Notice is given on April 8, 2022 that a Petition for a Change of Name of an adult has been filed with the Arapahoe County Court. The Petition requests that the name of DARAIN ARMOND BROWN be changed to DARAIN ARMOND

MCCLAIN The court orders the following publication for a change of name: Date: July 19, 2021

Date: July 19, 2021 Shana Kloek Clerk of Court/Deputy Clerk

Published in The Villager First Publication: April 21, 2022 Last Publication: May 5, 2022 Legal # 10749

— End of Legals —