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REPORT ON GUNA REFLUX

In this short communications I present my experience with the first **50 patients** treated with **Guna Reflux**.

MATERIALS AND METHODS

Since November 2008, **50 patients** suffering from Gastro Esophageal Reflux Disease (GERD) have been treated with **Guna Reflux**.

– All the patients were babies: the youngest patient was 2 weeks old, the oldest 1 year old.

Few parameters that define GERD have been checked:

1. **Regurgitation and vomiting**
2. **Restlessness**
3. **Arching of the head during and after feeding**
4. **Ability to gain weight.**

These parameters represent the severity of GERD; they enable to get good follow up on the recovery of the patients.

These parameters are validated and are useful in common practice.

The research was done according to the GCP standards.

– All the patients were invited for the follow up after 7 weeks, and further a follow up was done over the phone.

– The treatment: 5 drops of **Guna Reflux**, 3 times a day.

The parents were advised to give the medication between the meals, so the possibility of vomiting is less.

The treatment lasted 3-4 months.

– The parents had my phone number and could get information and advice 24/7.

RESULTS

• Regurgitation and vomiting

Fortythree patients (86%) reported this symptom and only 7 patients (7 %) had GERD symptoms without overt vomiting. The parents reported that they could hear the regurgitation, but there was nothing coming out from the mouth.

• Restlessness

Fortythree patients (86%) reported restlessness in different degrees.

– Most of them were crying without obvious reason for many hours during the day and night.

Only 7 patients (14%) did not suffer from this symptom.

• Arching of the head

This symptom is unique and is part of the baby's defense mechanism against reflux. In this study 38 patients (76%) had this symptom, and only 12 patients (24%) did not have it.

• Problem in gaining weight

One of the complications of GERD is failure to thrive and lack of the ability to gain weight.

In the study 21 patients (42%) did not gain proper weight, but 29 patients (58%) did not have problems in gaining weight.

Six patients did not contact me for follow up and there is no information about them.

– Improvement of symptoms occurred in 2 patient after 2-3 days and the parents regarded it as a *miracle*.

– They called the PRM medicine the “wonder drops”.

In most of the patients the improvement began between **2-3 weeks** after starting the treatment.

The most encouraging data is that **38 patients out of 44 (86.4%)** had improvement of symptoms and most of them recovered completely.

– The parents were very pleased with the results and in the last month I had 10 new patients coming to the clinic because people are starting to spread the information in different forums on the web.

(These *new* patients are not in this report).

Only 6 patients (13.6%) did not improve at all.

There were no adverse reactions and the parents had no problems in giving the medication.

There was no concern in giving the medication to small babies.

DISCUSSION, CONCLUSIONS

Guna Reflux is the solution for GERD in babies.

It is a safe medicine and works according to the PRM guidelines of the GUNA Method.

From the numbers, most of the patients recovered and got good quality of life: this was great for the parents and babies.

Not even one family had any problem with the alcohol that is in the medicine.

It simply did not bother them. As mentioned, there were no adverse reactions to the medicine.

The treatment was short and the improvement was quite quick.

One should put in mind that all the patients came to the clinic after trying conservative treatment including medications like Zantac and Losec (H2 blockers).

– Guna Reflux works on the gastro esophageal sphincter and enhances its maturation.

One of the most important symptoms that are relived is the restlessness.

This symptom causes agony to the baby and his family especially during the first days and weeks of life.

By reliving this symptom the parents are pleased and gain confidence in the medicine and in the treatment.

... In conclusion

According to this experience, Guna Reflux is an excellent remedy to treat GERD in babies.

– It is safe and has high rate of success.

I suppose that GERD in adults can be treated as well with this PRM medicine although the cause of reflux in adults is different.

Some causes of reflux in adults could be treated with this PRM medicine, but not all of them.

Further investigation should be carried on. ■

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