

What is Helicobacter Pylori?

Recently I have had a Client who has been diagnosed with a stomach ulcer; over recent years research has firmly established that Helicobacter pylori causes more than 90% of duodenal (intestinal) ulcers and up to 80% of gastric (stomach) ulcers. It occurs mainly in middle-age and causes progressive gastritis. The bacterium has also been found to increase the risk of stomach cancer. Eradication of the organism is by using very powerful antibiotics and anti-secretory drugs which leads to healing of the ulcer. I have also discovered a natural herbal remedy which is capable of destroying the bacterium, please contact me for details.

It is believed that the bacteria are transmitted from one person to another through close contact. However many health care professions including myself still consider stress and anxiety to be a risk factor for ulcers, as it increases stomach acid production.

Recommendations

Eat plenty of dark green leafy vegetables; these contain vitamin K, for healing and is often deficient in people with digestive problems.

With severe symptoms eat soft foods e.g. avocados, bananas, potatoes, squash and sweet potatoes. Make plenty of healthy soups which are easy to digest.

Eat frequent small meals; include well cooked rice, goat's milk, goat's yogurt, and cottage cheese. Eat plenty of vegetable protein food e.g. lentils, beans and pulses; a vegetarian diet is best but include fish.

Do not drink coffee even decaffeinated or alcoholic drinks. Caffeine is a known stomach and urinary tract irritant. Drink peppermint tea which is calming to the stomach.

No processed foods which are full of sugar and fat and are linked to ulcers and avoid fried foods, chocolate, animal fats of any kind and carbonated drinks.

Avoid cow's milk, the calcium and protein it contains stimulates the production of acid. Use rice or goat's milk, soy milk or almond if you can find it.

Chew your food thoroughly, never eat when you are upset or anxious it is impossible for your body to digest food when you are not relaxed. Never drink very hot beverages always allow them to cool before drinking.

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