

Ulcers - Managed Naturally

Nutrition:

L-Glutamine > heals ulcers (500 mg/day)

Pectin > create soothing protective coat in intestines

Vitamin E > antioxidant ↓ stomach acid & pain, promotes healing (400-800 IU/day)

Acidophilus > provides flora for small intestine (2-3 capsules 1-3x/day)

Herbs:

Alfalfa > Vitamin K source

Aloe vera juice > pain relief & healing (4oz/day)

Bupleurum, angelica & licorice root in combo > good for treating ulcers

Cat's Claw > cleansing & healing to tract (not if pregnant)

Garlic > antimicrobial

Kava kava & St. John's Wort > calming & ↓ stress

Deglycyrrhizinated licorice (DGL) > promotes healing as well as Tagamet & Zantac
(750-1500mg 2-3x/day)

Foods:

Drink large glass of water for immediate relief

Dark green leafy vegetables > Vitamin K

No coffee, alcohol or carbonated drinks

Drink cabbage juice

With severe symptoms eat soft foods

Barley, wheat & alfalfa juice > potent anti-ulcer

Avoid cow's milk, fried foods, animal fats

Avoid salt & sugar

Allow hot drinks to cool

General advice:

Chew food thoroughly

No smoking

Avoid NSAID's, aspirin & ibuprofen

Avoid stress

Colon cleanse

*Always consult with your doctor/chiropractor before starting any health related program.