

Natural Help 4...

Peptic Ulcers



What are Peptic Ulcers?

Peptic ulcers are open sores, lesions or ulcers that **develop on the inside lining of the stomach** or the upper part of the small intestine, the duodenum. Stomach acids such as hydrochloric acid and pepsin are present in peptic ulcers.

An ulcer that is found in the stomach is called a gastric ulcer, while an ulcer in the duodenum is called a duodenal ulcer. They tend to be **more common in men aged between 30 and 50** years and may also affect middle aged or elderly women.

Symptoms and signs

The symptom and signs of peptic ulcers include a burning, gnawing pain the middle abdomen. This pain is often described as a dull ache that may come and go for a few days or weeks. It starts two to three hours after a meal and is generally worse if you skip a meal. The pain often surfaces at night or early in the morning when your stomach is empty.

Other symptoms include:

- Weight loss
- Lack of appetite
- Pain while eating
- Vomiting

Diagnosing Peptic Ulcers

The diagnosis of peptic ulcers is based on your physical symptoms as well as medical history. Certain tests may be performed such as **testing your breath, tissue or blood to check whether H. pylori bacterium** may be the cause.

Other tests include:

- X-rays of the stomach and duodenum called an upper GI series
- An endoscopy is a procedure where a lighted tube with a tiny camera is used to look inside the stomach and duodenum.
- Biopsy is a procedure where a tiny piece of your stomach is removed and viewed under a microscope

What Causes Peptic Ulcers?

The causes of peptic ulcers include:

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

- Bacterium called *Helicobacter pylori* (*H. pylori*) - bacteria may be carried by many people while not everyone with *H. pylori* infections will develop a peptic ulcer.
- Non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen and analgesics
- Excessive amounts of alcohol
- Smoking

Other **factors that may contribute to [peptic ulcers](#)** developing include a family history of ulcers linked to being blood group type O, physical stress such as major surgery or trauma like severe burns. Emotional stress may worsen an ulcer.

Help for Peptic Ulcers

With the correct treatment, **peptic ulcers can be cured**, although they do take a long time to heal. [Peptic ulcers](#) may be treated with over-the-counter drugs such as antacids but they are not as effective as prescription drugs and often recur.

Your doctor may prescribe antibiotic to kill the bacteria and proton pump inhibitors or histamine receptor blockers to **prevent the stomach from producing too much acid**. If *H. pylori* is detected, then a course of antibiotics together with a drug that protects the stomach lining and prevents too much acid production is called triple therapy.

However, these medications can bring about some harsh side effects such as diarrhea, headaches, dizziness, nausea and interfere with liver function. In men, certain side effects of medication may lead to breast enlargement and impotence. In some cases, surgery may also be required. Making certain changes to your diet such as **eating more fiber and cutting out caffeine, alcohol** and smoking will also reduce the prevent and speed the recovery process of [peptic ulcers](#).

While conventional treatments may provide symptomatic [relief for peptic ulcers](#), they can also cause a **wide range of health problems**. Fortunately, herbal and homeopathic remedies can safely and effectively prevent the recurrence of ulcers and other digestive disorders. A well known herb for digestive health is *Matricaria recutita*, (German Chamomile) which contains anti-inflammatory, anti-spasmodic and calming properties.

Other herbal ingredients such as *Filipendula ulmaria* and *Ulmus fulva* are extremely effective in reducing pain and irritation while also protecting the digestive tract and **reducing stomach acid secretions**. In addition, *Sutherlandia frutescens* has been used for thousands of years to treat chronic and acute digestive complaints and also acts as a potent tonic.

Tips for coping with irritable bowel disease

Follow these tips to help manage and cope with irritable bowel disease:

- Include fiber such as fresh fruit, vegetables and whole grains into your diet
- Drink at eight glasses of water daily to cleanse your body's system
- Eat smaller, more frequent meals throughout the day
- Cut out foods such as dairy or wheat products, spicy and fatty food that may trigger irritable bowel symptoms

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

- Stop smoking and decrease your intake of alcohol as both have been linked to irritable bowel disease
- Keep a diary to record and monitor your symptoms, and in this way you will learn what foods to avoid
- Reduce and manage stress by practicing deep breathing exercises, yoga or meditation

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic

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medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Gastronic Dr. : Promote healthy digestion and encourage comfort after meals

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of the digestive tract. Regular use of Gastronic Dr. safely supports digestive health and all organs and structures involved in digestion, as well as the mucus membranes of the digestive tract. Gastronic Dr. also helps to **maintain the natural balance of essential organisms** (such as probiotics) in the digestive tract, further promoting easy, healthy digestion.

This formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

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Digestion Tonic : FDA Registered homeopathic remedy for maintaining digestive comfort, health and functioning

Triple Complex Digestion Tonic contains Kalium phosphate, Natrium phosphate and Calcium phosphate in a safe biochemic formula and can be used to **promote healthy digestion and harmony in the digestive tract.**

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All Native Remedies biochemic tissue salts are manufactured in an FDA and GMP registered pharmaceutical facility under the supervision of qualified responsible pharmacists.

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herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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