

# Natural Help 4...

# Stomach Ulcers



## What is a Stomach Ulcer?

An ulcer is a sore or lesion that develops in the tissue lining of the stomach or duodenum. The stomach produces stomach acids such as pepsin and hydrochloric acid to digest the food. If these stomach acids and digestive juices **injure and corrode the stomach's lining** of protective mucus, then an ulcer may form. Ulcers in the stomach are known as stomach or gastric ulcers while those found in the duodenum are called duodenal ulcers. They can develop at any age, but are generally uncommon amongst children and teenagers. Stomach ulcers tend to affect people over the age of 60, particularly more women than men.

## Symptoms and signs

The symptoms and signs of a stomach ulcer include:

- Upper abdominal pain just below the breastbone
- Pain in the back
- Heartburn
- Indigestion
- Nausea
- Belching
- Bloating or fullness after eating
- Vomiting
- Loss of appetite
- Weight loss
- Blood in stools
- Anemia

## Diagnosing Stomach Ulcers

If a stomach ulcer is suspected, your doctor will conduct a thorough physical examination as well as medical history. A range of tests may be performed to **check your blood, tissue or breath** for H. pylori bacterium.

Additional tests may also be performed and include:

- X-rays of the stomach and duodenum
- Endoscopy
- Barium meal
- Biopsy

## What Causes Stomach Ulcers?

Sign up for our  
Email Newsletter  
for Even More  
Natural Health  
Information!



[Click Here >>](#)

The content of this ebook is intended for informational purposes only.

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.

There are a variety of factors that may contribute to the development of an ulcer and these include:

- Bacterium called Helicobacter pylori (H. pylori)
- Certain medications such as non-steroidal anti-inflammatory drugs (NSAIDs) which include aspirin, ibuprofen and analgesics
- Excessive amounts of alcohol
- Smoking
- Family history of ulcers linked to being group type O
- Physical [stress](#) such as major surgery or trauma like severe burns

## Help for Stomach Ulcers

[Stomach ulcers](#) cannot be healed overnight, but with the correct treatment and lifestyle modifications, a recurrence can be prevented. Over-the-counter drugs such as antacids may be used to **treat mild symptoms** but are generally not as effective.

Antibiotics, proton pump inhibitors or histamine receptors may be prescribed to **stop acid production and kill H. pylori bacterium**. Some of these medications can result in some negative side effects which include diarrhea, dizziness, headaches and nausea. Certain lifestyle changes such as eating several smaller, healthier meals during the day, eliminating caffeine, alcohol and smoking as well as reducing stress can decrease gastric irritation.

## Natural Remedies

A more natural alternative to reducing the [symptoms of stomach ulcers](#) is the use of herbal and homeopathic treatments. These remedies have been used for many years and can safely and effectively **prevent the recurrence of ulcers** and other digestive problems.

Carefully selected herbs such as Matricaria recutita (German Chamomile) and Filipendula ulmaria (Meadowsweet) provide a balancing and tonic effect on the body's system and also promote **healthy levels of stomach acids** and digestive secretions. Other herbal ingredients such as Zingiber officinale (Ginger) and Foeniculum vulgare (fennel) are both commonly used as a digestive aid to support healthy digestion.

## Tips to prevent stomach ulcers

- Eat several, small healthy, balanced meals throughout the day
- Avoid eating foods that are spicy, fatty or acidic
- Incorporate more high fiber foods such as fresh fruit, vegetables and whole grains into your diet
- Exercise regularly
- Avoid drinking caffeinated and decaffeinated coffee, tea or colas
- Avoid drinking alcohol as it irritates the stomach
- Stop smoking
- Avoid taking drugs such as aspirin, ibuprofen and naproxen as they cause stomach inflammation
- Reduce and manage stress by practicing relaxation techniques such as meditation, yoga or Pilates



Native Remedies  
THE NATURAL CHOICE

LIVE A HEALTHY LIFE!

Proven, Safe,  
100% Natural Herbal and  
Homeopathic Remedies  
for You and Your Family

[CLICK HERE](#)

## 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.

- Get as much rest and sleep as possible

## 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 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.

### Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it [HERE!](#) We will do our best to get you an answer within 24 hours.

### Great Health Sites

[Pet Herbal Info Blog](#)

[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

[Native Remedies - Natural & Herbal Remedies](#)

[Natural Help 4...Free Natural Health Ebooks](#)

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:**

**DigestAssist**: Helps maintain digestive comfort and promotes healthy digestion.

Recognizing the need for a healthier and effective approach, Native Remedies has developed Gastronic Dr. and DigestAssist - both 100% herbal remedies containing well researched ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule which is used every day for the continued health of the digestive tract and to promote ongoing, healthy, trouble-free digestion. Regular use of Gastronic Dr. safely and effectively acts to promote digestive health.

DigestAssist, the perfect companion to Gastronic Dr., comes in fast-acting and convenient drop form, and can be taken as needed to promote digestive comfort



**Monthly Specials**  
**Up to 25% Savings!**

[CLICK HERE!](#)

**Native Remedies**  
The Psychologist's  
Natural Choice

**Proven Products.  
Excellent Service  
and Delivery**

**Six Good Reasons  
to choose Native Remedies  
as your trusted suppliers of**

after meals, helping you to enjoy your food every day.

These formulas remain 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!

[Learn more about DigestAssist](#)

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

Recognizing the need for natural support for trouble-free digestion, Native Remedies has developed Gastronic Dr., a 100% herbal remedy containing natural ingredients and manufactured in therapeutic dosage according to the highest pharmaceutical standards.

Gastronic Dr. is a capsule that **is used every day for the continued support 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!

[Learn more about Gastronic Dr.](#)

**Liver Dr.**: Support liver health and functioning naturally

At Native Remedies, we recognize the vital importance of liver health – for quality of life and wellbeing, as well as for maintaining the important **liver functions of detoxification** and protection via healthy immune systems. For this reason, together with the experts, we developed Liver Dr. to address these important health needs.

Liver Dr. is a 100% herbal remedy containing herbs known for their ability to **support the functioning of the liver**, thereby improving overall systemic health.

Apart from their beneficial effect on the liver, the herbs chosen for Liver Dr. also have other important therapeutic benefits, which further contribute to a healthy body and better quality of life.

Liver Dr. comes in concentrated and easy to use tincture form and is formulated to be easily absorbed into the system.

[Learn more about Liver Dr.](#)

## **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.

6) We offer an unconditional [One Year Money Back Guarantee](#).

**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.**

Triple Complex Digestion Tonic is the **perfect companion** to our [Gastronic Dr](#) and [DigestAssist](#) herbal drops and also helps to optimize absorption of these remedies. Regular use of Triple Complex Digestive Tonic can make all the difference in addressing digestive system health.

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

[Learn more about Digestion Tonic](#)

Read the testimonials for these quality products [here!](#)



**Read more about the Native Remedies Full Spectrum Approach™**

Find More Great Health Ebooks at [NaturalHelp4.org](http://NaturalHelp4.org)

The statements regarding these products have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. The information on this Web site or in emails is designed for educational purposes only. It is not intended to be a substitute for informed medical advice or care. You should not use this information to diagnose or treat any health problems or illnesses without consulting your pediatrician or family doctor. Please consult a doctor with any questions or concerns you might have regarding your or your child's condition.

All images on this site are property of Native Remedies LLC and/or the original image licensors. The content of these images is not meant to suggest that the person depicted uses or endorses our products or services. Informational material and representations have been provided by the manufacturers of the listed products. Copyright © 1997-2008 Native Remedies, LLC. All rights reserved.