GASTRITIS

It is different than a stomach ulcer. Gastritis is an issue where you start to get an erosion in the stomach lining. It is defined as inflammation, irritation or erosion of the stomach lining, known also as the gastric mucosa. Fix it before it leads to more severe problems like cancer.

SYMPTOMS

- **Body aches and pains. Abdominal pain can be moderate to severe, usually located in upper central portion of abdomen. Also left of center, behind ribs. Pain is usually described as a dull, aching discomfort but In severe cases it can be sharp, shooting pains that seem to gnaw at the inside.**
- **Heartburn. This is a burning sensation in the upper abdomen. Taking an antacid probably won't relieve the symptoms.**
- **Nausea. This is common, may feel like they can't hold down the food they have consumed. Sometimes it occurs on an empty stomach. May lead to vomiting or not. You can take anti-vomiting medication to quell nausea as a short term measure but the feeling may return after another meal or whatever triggers the sensation.**
- **Vomiting. This is not very common but can occur in severe caes after eating large heavy meal and often the person passes off the vomiting spell as a consequence of overeating.**
- **Gas. Some experience more flatulence than usual with gastritis.**
- **Diarrhea. When the lining of the stomach is inflamed and sensitive, its digestive capacity is compromised. In severe cases of gastritis this prevents any significant degree of food breakdown in the stomach, thus impacting the entire digesive process and the person may then have an episode of diarrhea.**
- **Belching. Normally, belching and with regular indigestion can help to relieve some of the abdominal pain which is a consequence of excessive gas in the digestive tract but with gastritis belching doesn't tend to relieve pain. Hiccups is another symptom some people experience.**
- **Abnormal Stool. Some observe their stool becomes black, gritty and tar-like in appearance, different than their usual. This is usually a sign there is bleeding in the upper digestive tract. The black colour is from the blood acquiring in the process of reaching the colon. In rare cases, blood may also be present in the stool.**
- **Loss of Appetite. When you are subconsciously aware of numerous discomforts eating a meal, you can instinctively shy away from consuming too much food. This is usually temporary and eases once treatment starts but for some, their appetite may not return for a while even after recovery.**
- **Weight loss. The combination of loss of appetite and poor digestion may lead to weight loss. With treatment and recovery, the weight can return to normal.**
- **Bloating. Feeling of fullness that doesn't seem to ease. Especially strong after a meal but it can take people some time to realize the pattern of discomfort. They often need to take an antacid assuming that the fullness is due to indigestion and a digestive aid is all they need.**

TYPES OF GASTRITIS

Chronic:

Develops gradually
Causes long term complications
May experience no noticeable symptoms for many years until other problems develop
Causes thinning of gastric mucosa and gradual
Increase in inflammatory cells
Can increase chances of developing gastric cancer

Acute:

Comes on suddenly

Lasts for a shorter period of time
May cause severe symptoms during an active episode
Symptoms might come and go depending on other lifestyle factors

Atropic

A form of chronic gastritis
Causes gradual loss of gastric glandular cells which are replaced with intestinal and fibrous tissues
Increases risk for malabsorption/nutrient deficiencies and autoimmune disorder reactions
Can lead to low gastric acid output and hypergastrinemia
Can trigger anemia and tumor growth

CAUSES

Stress
Abuse of Spicy foods
High consumption of Alcohol
Smoking
Drugs
Infection eg. H Pylori

BEST FOODS TO EAT:

- **Bone Broth**
- **Miso soup**
- **Licorice Root (if you have high blood pressure, use deglycerized licorice root)**
- **Aloe Vera soothes the stomach**
- **Fennel**
- **Eating Cabbage (cooked or raw) or cabbage juice or sip on Sauerkraut juice**
- **Ginger Tea**
- **Honey, especially manuka honey is a good healer**
- **Potatoes, potato Juice(use juicer). Boiled potato water.**
- **Soft foods (bland foods) such as grilled chicken meat, cooked vegetables, white rice, mashed potatoes, baked apples or pears**
- **Rice Milk, is most digestible of the milks. To make yourself, toast 1 cup of rice over low heat until it is soft brown, stirring with a wooden spoon to prevent sticking. Then pour 8-10 cups water over the rice and let it simmer at least 1 ½ hr (keep saucepan covered). Then strain it and store in a closed bottle. Refrigerate if not using it right away.**
- **Oat milk (watch the ingredients, avoid chemicals, sugar etc)**
- **Walkers Fine Oat crackers – can get at London Drugs or Save on Foods**
- **Goat cheese**
- **Small amounts of chicken or fish**
- **If you can eat raw veggies, then you can have salad with plain dressing like olive oil with herbs (dill, basil, oregano)**

STAY AWAY FROM:

- **Spicy foods eg.. chilies and hot peppers**
- **Alcohol**
- **Citric acid foods like citrus foods like oranges, tomatoes, grapefruit, pineapple. If severe gastro, avoid all fruit.**
- **Milk, cream, yogurt, most cheeses (goat cheese and raw milk cheese can be tolerated by some people)**
- **Deep fried foods**
- **Eggs, cooked**

- **Vinegar, and foods with vinegar eg. Pickles, dressings**
- **Preservatives in foods (eg. Canned, packaged) and processed foods which have synthetic ingredients and chemicals**
- **Caffeine – coffee, black tea, green tea**
- **Soft drinks**
- **Anything with sugar**
- **Wheat products. If you want noodles, use rice noodles.**
- **Artificial sugars**

ALSO:

- **Eat small meals.**
- **Avoid drinking water with meals that dilutes stomach acid.**
- **Cook vegetables when healing**
- **Oats are a good absorber of acid in the stomach. You can get oat milk, oatmeal, oat flour, oat crackers etc.**
- **Reduce stress. Having 1 cup epsom salt in hot bath at night helps.**
- **Get out and move – 1 hour a week of walking, swimming, cycling, exercise class etc.**

TOP SUPPLEMENTS

- **Take good probiotics – those that contain soil based organisms**
- **Digestive enzymes (2 caps every meal)**
- **Licorice Root Extract**

REMEDIES

- **Take Reversatrol with each meal. Studies have shown its powerful effect on H Pylori bacteria that can cause gastritis and stomach ulcers.**
- **Manuka Honey - take a teaspoon once or twice a day in whichever way you want. Also has a beneficial effect on H Pylori bacteria in the gut.**
- **Combination of Marshmallow root powder, Slippery Elm Powder with a bit of Burdock root and Fenugreek added. Mix 1 Tbsp with water and drink on empty stomach morning and evening.**
- **Cardamom seeds: 1 tsp each cardamom seeds and dried ginger with a little bit of black salt. Take 2 tsp of this mixture with glass of warm water 3 times a day.**
- **Ginger: 1 tsp fresh chopped ginger root to 1 cup boiling water. Cover, steep 10 minutes. Strain, add honey and sip slowly. Do 2-3 times a day for a week. OR can mix ½ Tbsp each of ginger juice and honey which you take before eating your meal twice daily for a week. Even eating a small piece of fresh ginger root or taking ginger capsules will help.**
- **1-2 tsp dried chamomile flowers to 1 cup hot water. Cover, steep 5-10 minutes. Strain, add a little honey and drink several times a day for a week.**
- **1 tablet enteric coated peppermint tablets 2-3 times a day will help avoid heartburn. Also chewing fresh peppermint leaves or add them to soups, salads and smoothies.**
- **1 Tbsp dried strawberry leaves in cup of hot water. Cover, steep 5 minutes, strain and drink 2-3 times daily until gastritis symptoms subside.**
- **1 Pear(cored), 1 Banana(peeled), 1 cup water, ice. Blend together to liquify and take 30 minutes before each meal which helps prevent too much stomach acid.**

Here are the most common ingredients in supplements for Gastritis:

Mastic Gum (Pistacia lentiscus). a resin from a Greek shrub, the mastic tree, that grows on the Greek Island of Chios. It may have antioxidant, anti-inflammatory, and

antimicrobial properties. Used for stomach pain from inflammation eg. Stomach ulcers. Helicobacter pylori is a bacteria that causes stomach ulcers and Mastic Gum has the ability to kill H. pylori.

DGL (Deglycyrrhizinated Licorice rt) helps keep stomach inflammation in control from high acidity in the gastro. Regular licorice root may increase blood pressure, so deglycerized licorice rot is used.

Slippery Elm bark (Ulmus ruba)

Zinc

Calcium – usually carbonate is used. You will find it in Rolaids, Tums and many antacid products.

PepZinGi (Zinc-L-Carnosine)

Quercetin

Resveratrol is found in red wine, berries, peanuts. It inhibits gastric cancer cell proliferation, helps gastric ulceration due to drug use eg. Steroids.

Curcumin () helps dyspepsia and peptic ulcers.

Manuka honey comes from Australia, a special honey that soothes and heals the stomach and downgrades H. Pylori.

Cabbage (Vit. U)

Aloe Vera – used to treat peptic ulcers

ALA (alpha linolenic acid)

Cat's Claw

Gemmotherapy

- **Alnus reduces inflammatory condition in gastric and intestinal mucosa caused by allergies, ulcers, IBS and colitis. Drains toxins, heals membranes by improving and strengthening circulation as well as increasing nutrient deliver. High magnesium content also decreases muscular spasms and the silica strengthens collagen. 5 drops 2-4 times daily.**
- **Tilia, Alnus chronic inflammation; for mucous membranes**
- **Ficus carica Potent gastric drainage remedy for irritations caused b y neurological and stress conditiosn such as ulcers, reflux, GERD and hyperchlorhydria. Action results in promoting healing of gastric mucosa. Chronic gastritis and hypoferric anemia. Erosive gastritis. Regulate gastric juices (hypo or hyper) 5 drops 2-4X/day.**
- **Stomagem. Citrus, Ficus, Anus.**
  Ilex aquifolium + Tilia Tom for gastritis
- **Tilia + Ficus. Tilia does CNS. Ficus does gut- brain connection.**