ULCERS

STOMACH ULCERS

- **Best home remedy is drinking cabbage juice. Next best is potato juice. You will need a juicer (or use a blender and strain the pieces out).**
- **Probiotics acidolphilus has helped many people. Take 2 capsules in the morning and two capsules in the evening.**
- **If you can get Deglycyrrhized licorice root, as capsule, it can help protect the stomach lining.**
- **Be very careful of the diet, nothing that will antagonize the ulcer (fried foods, coffee, tea, alcohol, chocolate, citrus fruit, tomatoes).**
- **Manuka Honey taken 1 teaspoon two or three times a day has been shown to help ulcers. It is believed to kill off h.pylori bacteria. H. Pylori bacteria is an opportunistic bacteria that worms its way into crevasses in the lining of the stomach, ulcerating the tissue. Natural traditional medicine believes that the original condition is created by stressful conditions of either mental and emotional problems, or poor diet that has damaged the tissue, allowing the micro-organism to gain entry into the organism.**
- **Not everything works for everybody, but aloe vera has worked for many, and chlorophyll has also worked for many.**
- **Some people have taken 1 Tbsp apple cider vinegar in 1/2 glass of water a**
- **bout 15 minutes before a meal to help the ulceration.**