Infection with *H. pylori* is the cause of most stomach and duodenal ulcers. *H. pylori* also causes some cases of non-ulcer dyspepsia. Infection with *H. pylori* can be confirmed by a test done on a sample of faeces (stools), or in a breath test, or from a blood test, or from a biopsy sample taken during an endoscopy. A one-week course of two antibiotics plus an acid-suppressing medicine will usually clear the *H. pylori* infection. This should prevent the return of a duodenal or stomach ulcer that had been caused by this infection.

**What is Helicobacter pylori infection and whom does it affect?**

*Helicobacter pylori* (commonly just called *H. pylori*) is a bacterium (germ). It can infect the lining of the stomach and duodenum. It is one of the most common infections in the UK although it is getting less common as time goes by. More than a quarter of people in the UK become infected with *H. pylori* at some stage in their life. Once you are infected, unless treated, the infection usually stays for the rest of your life.

**What problems does Helicobacter pylori cause?**

**Commonly there are no problems**

Most people who are infected with *H. pylori* have no symptoms or problems caused by the infection. These people do not know that they are infected. A number of *H. pylori* bacteria may just live harmlessly in the lining of the stomach and duodenum.

**Dr. Sarah Jarvis**

**Stomach and duodenal ulcers**

*H. pylori* is the most common cause of duodenal and stomach ulcers. About 3 in 20 people who are infected with *H. pylori* develop an ulcer. An ulcer is where the lining of the stomach or duodenum is damaged by the acid which is made in the stomach, and the underlying tissue is exposed. If you could see inside your gut, an ulcer looks like a small, red crater on the lining of the stomach or duodenum.

The exact way *H. pylori* causes ulcers in some infected people is not totally clear. Your stomach normally produces acid to help with the digestion of food and to kill bacteria. This acid is corrosive. So, some cells on
the inside lining of the stomach and duodenum produce a natural mucus barrier which protects the lining of the stomach and duodenum from the acid. There is normally a balance between the amount of acid that you make and the mucus defence barrier. An ulcer may develop if there is an alteration in this balance allowing the acid to damage the lining of the stomach or duodenum. In some people H. pylori causes inflammation in the lining of the stomach or duodenum. This causes the mucus defence barrier to be disrupted in some way (and in some cases the amount of acid to be increased) which seems to allow the acid to cause inflammation and ulcers.

Non-ulcer dyspepsia
This is a condition where you have recurrent bouts of indigestion (dyspepsia) which are not caused by an ulcer or inflammation. It is sometimes called functional dyspepsia. H. pylori is sometimes found in people with non-ulcer dyspepsia. Getting rid of H. pylori cures some cases, but makes no difference in most cases. The cause of most cases of non-ulcer dyspepsia is not known.

Stomach cancer
The risk of developing stomach cancer is thought to be increased with long-term infection with H. pylori. However, it has to be stressed that more than a quarter of people in the UK become infected with this bacterium, and the vast majority do not get stomach cancer. The increased risk is small. Your risk may be greater if you have H. pylori in addition to having a first-degree relative (mother, father, brother, sister or child) who has been diagnosed with stomach cancer.

Gastric mucosa-associated lymphoid tissue lymphoma - a MALToma
This is a rare and unusual type of stomach cancer. Infection with H. pylori is thought play a role in this condition developing.

Helicobacter Pylori and Low Stomach Acid
Excerpts from: Nutritional Causes, Prevention and Therapies

While "stress" was a popular basis for stomach ulcers years ago, Helicobacter Pylori (H. pylori) has become the ever popular cause for peptic and duodenal ulcers since its discovery in the early 1980's.

Some doctors place the bacterium's involvement as high as 90%, however medical drugs, alcohol, poor nutrition, high-carb and sugar diets, and an overload of toxins are a much bigger factor in the development of ulcers than given credit by conventional medicine.
H. Pylori is easily inhibited by raising stomach acid, provided this is done before much damage is done by the bug, which is the reason why people with normal acid levels are generally asymptomatic and don't get ulcers unless they are on certain drugs or consume large amounts of alcohol. Coffee has been found to aggravate the symptoms of H. Pylori infections.

Unfortunately, people with reduced acid levels often times suffer from what they assume is high stomach acid (heartburn, bloating, nausea, frequent burping), and as a result frequently take antacids. By doing so, they encourage greater H. Pylori activity and thus increase the risk for ulcers or gastric cancers, with the bug also being implicated for heart disease, gum disease, asthma, rosacea, and chronic headaches or migraines as well. If patients had indeed high acid levels (as some physicians still have them believe), then why do symptoms quickly improve when stomach acid levels are raised?

The confusion usually stems from the fact that esophageal reflux (GERD) causes heartburn, from acid getting up into the esophagus, which doesn't have the acid-protective mucus coating of the stomach. However, H. pylori reduces stomach acid.

The paradox IS that having enough stomach acid keeps the valve to the esophagus closed so it cannot be harmed by stomach fluids. Also when the stomach produces stomach acid it also produces bicarbonate of soda. Bicarbonate of soda is what protects the stomach lining from being damaged by the acid. Therefore, it stands to reason that IF the stomach isn't producing enough acid it also won't be producing enough bicarbonate of soda which also allows ulcers to form inside the stomach.

After the discovery of H. Pylori, and once medical science accepted it as being a significant factor with ulcers, predictions were made that ulcers and related stomach complaints would become a thing of the past. However, there are as many patients as ever complaining of stomach problems, including those who had been "supposedly" "cured" of H. Pylori.

The reason is very simply low stomach acid - which had not been corrected, even though that was the cause in the first place. Antibiotic-resistant Helicobacter Pylori cases have now become a commonplace occurrence as well, and there are also plenty of patients who simply don't tolerate any of a number of antibiotics used in the treatment of H. Pylori. That is because antibiotics are toxic, and while they kill H. pylori they will also wipe out good organism as well, leaving the door open to candida/yeast overgrowth.

Following are some "Natural Remedies" that have been used with mixed results for H. Pylori:
Whether regular consumption of sulfur-containing sources such as Garlic and Onions is of any benefit for H. Pylori symptoms is unclear, as some individuals seem to benefit, while others don't.

A similar question mark applies to the regular intake of Licorice and Cinnamon, larger amounts of Vitamin C, as well as Coconut oil, or spicy foods such as Hot (Chili) Peppers which all have shown to inhibit Helicobacter Pylori in clinical trials.

Probiotic-types of remedies (friendly bacteria) consisting of Lactobacillus Acidophilus and Bifidus are an important addition to any therapy for H. Pylori infection, which will help inhibit it, and counteract any headaches, early-morning nausea, or general dyspepsia associated with low stomach acid alone, or following antibiotic therapy, with the acidophilus being best taken at bedtime. Some patients only tolerate the non-dairy lactobacillus acidophilus without the bifidus.

An optional adjunct remedy in the treatment of H. Pylori is Bismuth, which is also part of over the counter products such as Pepto-Bismol. Cellular bismuth and lithium levels routinely test below normal with low acid levels, respectively to upper stomach involvement (bismuth), and lower stomach / duodenal involvement (lithium).

Sulforaphane is a promising compound that inhibits extracellular, intracellular, and antibiotic-resistant strains of Helicobacter Pylori. This effect was identified by scientists at the Johns Hopkins University School of Medicine in Baltimore while investigating sulforaphane - one of a class of chemicals called isothiocyanates - for its protective effect against cancer.

Sulforaphane is found in broccoli and other cruciferous vegetables such as cauliflower, cabbage, and kale, with broccoli sprouts containing anywhere from 30 to 50 times the concentration of the chemical as contained in the mature plants.

Most patients who don't produce enough stomach acid will continue to experience problems, even if antibiotic therapy or any other "natural" approach has successfully killed the it, but not everyone necessarily always suffers from "heartburn"-like symptoms, or bloating.

Low stomach acid can be a factor with headaches, chronic fatigue, non-specific aches and pains, osteoarthritis, osteoporosis and other calcium metabolism-impaired problems -- all the way to various cancers. Many of these complaints are rectified by normalizing stomach acid, and from personal clinical observation, I'm convinced that even several non-gastric types of cancers could be prevented, since they never seem to develop in the presence of normal acid levels.
To help the symptoms, or until any of several possible causes for low stomach acid are resolved, taking betaine hydrochloric acid with meals is indicated.

When nothing has been successful, or when there is intolerance to most of the remedies that are usually helpful with low-acid symptoms, then regularly eating 1 to 2 tablespoons of sauerkraut whenever symptoms occur is the best option. Sauerkraut has the unique ability to lower stomach acid levels when they are too high and increase stomach acid levels when they are too low. If a person cannot digest the cabbage in the sauerkraut they can drink the juice instead.

**Cabbage Juice Heals a Stomach Ulcer**

*Cabbage juice (5oz/day)* helps to stop bleeding and *Helps rebuild Bowel flora*
Vitamin K - key to help blood clotting

fat-soluble vitamin

- MAKES PROTEINS FOR BLOOD CLOTTING & HEALTHY BONES
- Leafy green vegetables are the best source of Vitamin K
- JUICED PROVIDES 80 MCG which is 100%DV

98% Absorption Rate for LIQUIDS
10-20% Rate for PILLS

SOURCE: Physicians Reference Desk – Page 1542

JUICED provides 100% Daily Value

Food sources of vitamin K include cabbage, cauliflower, spinach and other green, leafy vegetables, as well as cereals
Stress Is Back
People who face serious life stress are more likely to develop a peptic ulcer over the next 15 years.

By: Richard Firshein

For years, doctors believed that ulcers were psychosomatic, caused by stress. But then researchers discovered a hardy, virulent little bacterium known as Helicobacter priori. Able to survive and even thrive in stomach acid, this bacterium is so damaging it has been given Class 1 carcinogen status since it's known to be a direct precursor of certain stomach cancers. This led scientists to believe that it caused ulcers.

The discovery of H. priori was revolutionary. Doctors began to treat ulcers with antibiotics. A combination of ampicillin and metronidazole (Flagyl), two common drugs, seemed to work best, and individuals who had been suffering for years with agonizing ulcer pain suddenly became well. Talk about a swing of the pendulum: a shocked medical community concluded that all ulcers were caused by infection. The search for a psychological root was abandoned.

End of story? Not quite. Eight out of 10 people infected with H. priori never get ulcers. As an article in the Journal of the American Medical Association points out, studies show that people who face serious life stress are more likely to develop a peptic ulcer over the next 15 years. Research reported in the Archives of Internal Medicine followed 4500 subjects and found that the incidence of ulcers in those who felt they were stressed was almost twice as great as in those who were stress-free. In addition, the incidence of ulcers seems to rise after national disasters. A review of medical records from 61 hospitals, published in the American Journal of Gastroenterology, found that the Hanshin-Awaji earthquake in Japan was followed by a marked increase in bleeding gastric ulcers.

It's clear to me that the true origin of ulcers lies both in the mind and the body. As a physician, I can see that stress plays a huge role in all my patients' illnesses. I see flare-ups of asthma, hypertension and diabetes during periods of stress. When approaching treatment of any illness, I try to suggest nutritional and lifestyle changes, and when necessary, medicines, to help both mood and body.

For example, a 54-year-old woman recently sought my help. She'd suffered from ulcers for many years, and her doctor had given her multiple courses of antibiotic therapy. The drugs had always helped, but only temporarily; the ulcers always returned. Nobody had asked about her levels of anxiety, but when I inquired, she admitted that she'd just gotten out of a long and difficult marriage and was now a single mother with financial problems. Stress had been her constant companion for years.
I suggested a program of meditation and biofeedback to help her relax. I also prescribed a course of natural supplements, among them DGL (deglycyrrhizinated licorice), a licorice extract that helps heal the lining of the stomach, and aloe, another healing agent which soothes inflammation. That, along with a final course of antibiotics, alleviated her stress and quieted her inflamed gut. She hasn't suffered from an ulcer in over a year.

To understand any disease, we need to realize that illnesses almost always stem from multiple causes. Psychological factors should never be overlooked when treating disease, and the immune and nervous systems should be examined together. That's why I'm glad that stress is back at least where ulcers are concerned.

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What Causes H. pylori Infection…
the Most Insidious Infection Around?

By Justin Marchegiani on August 21, 2014 in

What causes H. pylori infection? Did you know that over 50% of the population has an H. pylori infection (1)? Dr. Marshall, the scientist who discovered H. pylori, won the Nobel Prize in
medicine in 2005 for his discovery. His initial research was done on himself, as he infected himself to prove the bacteria’s causal connection with gastritis (inflammation of the stomach). *H. pylori* is an opportunistic infection that spreads more rapidly in people that have a compromised immune system. This is why there are higher rates of all parasite infections in Third World countries. In the United States, we are seeing an increase in chronic stress and poor eating habits, which compromises our immune function and makes us open for an attack.

**How Do You Get an *H. pylori* Infection?**

*H. pylori*, unlike other parasitic infections, can be spread very easily via saliva and doesn’t require sexual intimacy per se. This is why it’s very common to see an entire family test positive for an *H. pylori* infection. Things like sharing a drink or silverware can be enough to spread the infection in a compromised individual.

One of the biggest problems with *H. pylori* is its production of a specific enzyme called urease, which essentially neutralizes hydrochloric acid due to its increased production of ammonia. Hydrochloric acid is needed to help digest protein, ionize minerals, and create an acidic environment in the guts to stimulate bile release from the gallbladder, which aids in fat digestion in the small intestine.
If we can’t ionize our minerals properly, this will lead to a whole host of issues, including osteoporosis, immune problems, thyroid problems, and anemia. Lack of hydrochloric acid will also lead to indigestion, malabsorption, gas, bloating, and a catabolic physiology (your body breaking down faster than it can build up).

A large percentage of *H. pylori* infected patients will not present with any symptoms, so it’s possible you could be feeling great and still have an infection. This is also why my recommendation for anyone with an *H. pylori* infection is to supplement with hydrochloric acid and enzymes to ensure optimal digestion, even if no digestive symptoms are present.

It’s important to note that the enzymes and hydrochloric acid by themselves will not be enough to eradicate the infection. A proper assessment should be made by your functional-medicine doctor regarding your primary physical, chemical, and emotional stressors to ensure long-term eradication of the infection.

*H. pylori* also irritates the stomach lining, hence its connections with gastric ulcers. This essentially creates silent inflammation, and now your adrenal glands have to come to the rescue to put out the smoldering fire in your gut. Your body uses cortisol from the adrenal glands to help put out the fire. But as your adrenals become more fatigued, cortisol will lose its capability of keeping the fire under control. This is the point where you will start to see the exacerbation of
your symptoms. Many people can have this infection for a long period of time and not necessarily have any symptoms until their adrenals drop into stage III adrenal fatigue.

**What Makes *H. pylori* Different?**

*H. pylori* is a gram-negative bacteria. What this means is that *H. pylori* has two cell walls while most bacteria (gram positive) only have one cell wall (see picture below). When there are two cell walls, it makes it harder for antimicrobial medicines and herbs to eradicate the infection. This is analogous to a castle with stone walls for protection also being surrounded by a moat, which makes it more difficult for any intruders to invade.

In between the first and second cell wall, there is something known as efflux pumps. These pumps have the ability to disperse the antibiotic medicines that were given to the patient back outside into the gastrointestinal tract. These efflux pumps are believed to significantly contribute to antibiotic resistance, which is so prolific today (2).

When the antibiotics are pumped back into the gastrointestinal tract, patients can experience more die-off reactions. These reactions can include fatigue, nausea, bloating, flu-like symptoms, and diarrhea. *H. pylori* has obviously adapted in a way that has made it more resistant to antibiotics. This is one of the main reasons why I’m such a fan of herbal medicines, as they can be used for longer periods of time and don’t seem to have the same side effects as antibiotics.

The other major issue with gram-negative bacteria is that the outside of the bacteria is toxic. This toxin is known as lipopolysaccharide (LPS), or endotoxin, which is actually toxic to the liver. The more *H. pylori* becomes eradicated from your body, the more your detoxification pathways become stressed from the toxic debris! This is why I find removing the infection over a longer period of time and using additional herbs to help with drainage and detoxification can be beneficial in reducing those die-off reactions.
The most common or conventional symptoms of *H. pylori* infection:

- Abdominal pain
- Bloating and fullness
- Dyspepsia or indigestion
- Feeling very hungry one to three hours after eating
- Mild nausea (may be relieved by vomiting)

**Less common symptoms of *H. pylori* infection:**

- Neurological pain
- Anemia (B12 or iron)
- Leaky gut (gastrointestinal permeability)
• Depression and anxiety: All of the neurotransmitters in our body are made from proteins and amino acids.
• Constipation and diarrhea: Inflammation can disrupt motility in the GI tract.
• Crohn’s, ulcerative colitis, or any other digestive disorder
• Explainable weight gain.
• Fatigue or thyroid disorder: *H. pylori* is linked to autoimmune thyroid disease (6).

**Exams and Tests for *H. pylori***

1. **Blood tests**: These tests are indirect and assess the specific immune responses to the *H. pylori* infection. The immune responses that are measured are *H. pylori* and IgA, IgG, and IgM antibodies. If you test positive for IgA or IgM, you can be confident that you have an active *H. pylori* infection. Research has shown that test results in patients that are positive for IgG antibodies tend to drop within six months of *H. pylori* removal (5).

2. ***H. pylori* breath test**: This test measures increased levels of CO2, which is the by-product of urease and nitrogen. *H. pylori* breath tests tend to only show acute infections.
3. **Stool test**: *H. pylori* stool tests are the **gold standard** and are the only tests that look for the actual particles of the *H. pylori* bacteria.

4. **Endoscopy**: This test is the most invasive and tends to be the least reliable, especially if you have no overt symptoms. This test can be good at assessing cancer as well as damage to the stomach, duodenum, and esophagus. For most individuals this test is unnecessary and is only recommended for high-risk patients.

**Conventional Treatment Options and the Prevpac**

Patients who have *H. pylori* and also have an ulcer are most likely to benefit from being treated. The treatment does not work in all patients. Treatment must be taken for 10 to 14 days. Medications may include the Prevpac, which is a combination of three antibiotics.

1. Clarithromycin (Biaxin)
2. Amoxicillin, tetracycline, or metronidazole (Flagyl)
3. Proton-pump inhibitors, such as omeprazole (Prilosec), lansoprazole (Prevacid), or esomeprazole (Nexium)
4. Optional: Bismuth subsalicylate (Pepto-Bismol), in some cases

**Natural Treatment Options**

1. Mastica (3)
2. Burberines (4)
3. Oil of oregano
4. Wormwood
5. Neem
6. Olive leaf
7. Black walnut hulls
8. Burdock
9. Probiotics (4)
10. Vitamin C (4)

It’s very important the right combination of herbs as well as the right dosage of herbs are used. I strongly recommend a customized program by a functional-medicine doctor specific to your needs. This will give you the best chance of removing the infection the first time without terrible die-off reactions. If you have any of the symptoms mentioned in this article, click here to schedule a complimentary consult.
References:
Helicobacter Pylori or short *H pylori* is one of the most common worldwide human infections. It can be found in your stomach, digestive tract, oral cavities and dental plucks and is considered as a pathogenic infection that is classified as **group 1 carcinogen** by the World Health Organization’s International Agency for Research on Cancer.

Besides causing many digestive disorders, Helicobacter pylori is known to be one of **environmental triggers of autoimmunity** and leading causes of both **Hashimoto’s and Grave’s diseases**. *H pylori* can interact with HLA-DR type of genes and also cause intestinal damage that allows antigens to cross intestinal protective barriers and cause autoimmune reaction.

Multiple research studies have shown that a high percentage of people with **high TPO thyroid antibodies** were significantly affected by *H pylori* infection and a noticeable reduction of thyroid antibodies and improvement of the symptoms occur after eradication of *H pylori*.

Since *H pylori* infection with these bacteria is considered chronic it often leads to a decrease in the **conversion of T4** to the active form of thyroid hormone T3. When the body is put under the stress caused by low grade inflammation and chronic health condition T3 usually gets converted to the reverse T3. This results in low levels of T3 and negative effects of reverse T3 on the thyroid receptors. The entire body gets affected by this inability to convert thyroid hormone properly.

*H pylori* infection is also linked to Raynaud’s syndrome, systemic autoimmunity and many other organ specific autoimmune conditions such as diabetes mellitus, lupus and multiple sclerosis. *H pylori* can be responsible for ulcers but can also infiltrate the epithelial tissue to cause autoimmune inflammation of the cardiovascular tissue and even cause sinusitis and Rosacea.

**How Do You Get H Pylori Bacteria?**

The vast majority of individuals acquire this infection during childhood. Most doctors agree that this bacteria can be easily **transmitted orally** and one of the most common ways is through a
family member. Children can pick it up H pylori from their parents through close contact, saliva and kissing.

Other ways of transmission include:

- Poor hygiene
- Contaminated water and food
- Sexual contacts
- Contaminated endoscopic and dental equipment
- Contact with animals. Helicobacter bacteria were found in cats, dogs and some birds. For example, when children are petting animals and then put their fingers in their mouth they are at a higher risk to get H pylori.

*All these factors make H pylori easy to get.*

**H Pylori Symptoms**

Depending on the strain of H pylori it could be a cause of many *digestive and non-digestive symptoms* and health conditions in humans. It can change pH of your stomach, damage intestinal walls and cause many digestive symptoms and health conditions.

Digestive symptoms are the most obvious indicators for H pylori infection and include:

- Heartburn
- Acid reflux
- Bad breath
- Chest pain
- Belching
- Indigestion
- Gastritis
- Upper abdominal pain
- Diarrhea
- Constipation
- Nausea
- Vomiting
- Peptic ulcers
- Inflammation
- Gastro-intestinal bleeding

And many others.

*Research has proven that some strains of *H pylori* can lead to stomach cancer and is the number one cause of ulcers.*

*H pylori* has a systemic effect on your body and the symptoms are not necessarily limited to your digestive tract only. If as a result of your digestive issues you cannot properly digest and absorb the foods that you eat, you will develop other symptoms that will affect other parts of the body outside of the digestive system and show less obvious connection to *H pylori*.

You may develop them even if you don’t have any digestive symptoms and this may include:

- Migraines
- Acne
- Nutritional deficiencies
- Fatigue
- Mood disorders
- Low energy
- Insomnia
- Depression
- Anxiety
- PMS
- Hormonal imbalances
- Heart disease
- Autoimmune thyroid conditions such as Grave’s and Hashimoto’s disease

**Indirect Indicators of *H Pylori* In Thyroid Patients**
Indirect Indicators of H Pylori In Thyroid Patients

In some people H pylori doesn’t cause any digestive symptoms at all. Furthermore, people who have H pylori may not all have the same symptoms and this makes it more difficult to diagnose.

*Several recent studies have pointed out that subclinical, undiagnosed H pylori infections are far more common than otherwise thought and most people don’t even know that they have it.*

One study stated that nearly 50% of the world’s population suffers from an undiagnosed H. Pylori infection. Between 20 and 50% of the population in industrial countries has this bacterial infection. In the developing countries, India and South Asia up to 80-90% of population have H pylori. More people with Hashimoto’s disease are affected by H pylori compared to general population.

*Despite of such high prevalence in the general population and people with thyroid disorders doctors seldom test for H pylori even if the symptoms are present.*

Instead many doctors choose to recommend OTC preparations or prescribe pharmaceuticals that are available for managing the symptoms first without addressing the root cause.

One of the examples is **antacid medications**. The popular over-the-counter drugs to relieve symptoms of heartburn is a multi-billion dollar industry while nobody looks into a possibility of H pylori infection and dietary factors that are responsible for this health condition most of the time.

**H pylori survives the acidity** of the stomach by changing the pH of the stomach and damaging the cells that produce stomach acid. Low stomach acid contributes to indigestion, nutritional deficiencies and makes you more susceptible to other pathogens. This is one of the reasons why about half of the people who have H pylori also have at least one more bacteria or infection in their digestive tract.

When H Pylori **damages the intestinal lining** any amount of acid that comes into contact with this area can cause pain. This may create a false impression of too much acid that causes the problem.
Indigestion also means that the transit time of the food is increased and the food sits longer in your digestive system which means constipation. If you are hypothyroid and still suffer from constipation after your thyroid treatment was optimized consider testing for H pylori infection as your next step.

Up to 40% of people with hypothyroidism suffer from persistent anemia when either B12 or iron or both are low. H pylori requires B12 vitamins for the survival in the stomach that can be a reason for low B12 levels.

Furthermore, multiple studies have suggested a potential association between unexplained iron deficiency anemia and H. pylori infection. There are two ways how H pylori can cause low iron levels that are usually not responding to iron supplementation:

1. H. pylori colonization in the gastric mucosa may impair iron uptake. The bacteria is associated with chronic gastritis that leads to achlorhydria (low HCL stomach acid) and reduced ascorbic acid secretion. This can cause a significant reduction of intestinal iron absorption.
2. H. pylori can increase iron loss due to erosive gastritis and substantial internal bleeding in the damaged mucosal intestinal lining.

Research data shows that in 30% of patients with unexplained low iron levels H. pylori eradication was associated with both iron deficiency anemia resolution without further need for iron supplements and stable improved iron levels after nearly two years of follow-up.

The bottom line, if you have this bug you want to get rid of it and not just manage your symptoms.

H Pylori Diagnosis and Testing

H pylori blood test for specific antibodies. High antibodies indicate that you had H pylori infection at some point of your life. According to the research studies, even if the infection was gone the antibodies can stay elevated for up to 5 years. This test doesn’t differentiate between active H pylori infection and one that you had in the past. However, if the test is positive and it correlates with your symptoms, it is considered to be a good indication for a present active H pylori infection.
Endoscopy is an invasive method of laboratory testing when a tube with a small camera is inserted into the throat and a biopsy is taken from the stomach lining. Besides H pylori this test can help to identify if some tissue is inflamed, establish damage to the intestinal lining, presence of ulcers, hernia and cancer.

H pylori breath test when you breathe into a balloon and the gases are getting analyzed on presence of H pylori. This test is the least accurate and often shows false positive or negative results.

Stool antigen testing. It is the easiest and most reliable test that indicates you have H pylori infection if it comes back positive. Another advantage is that the stool test is a comprehensive test when you get tested not only for H pylori but also for many other bacteria, infections and fungi at the same time.

Conventional Treatment For H Pylori

Conventional treatment for H pylori includes antibiotics taken for 7, 10 or 14 days and it works for many people. It is called triple therapy when two different antibiotics are given in order to eradicate H pylori. And the third component is to take an antacid medication to reduce the stomach pain and also make the antibiotics more efficient because antibiotics for H pylori don’t work too well if the stomach is too acidic.

This treatment for H pylori works for about 70-80% of people, however there is more and more cases when H pylori becomes resistant to antibiotics making this treatment less effective or effective at all long term.

8 Facts About Helicobacter Pylori You Need To Know

1. Helicobacter Pylori is a bacterial infection

2. H Pylori is very easy to get

   It can be found in:
   - stomach
   - digestive tract
   - oral cavities
3. Subclinical, undiagnosed H pylori infection is very common and most people don’t even know that they have it

H Pylori is not just a third world problem where up to 90% of population are being infected.

Between 20% and 50% of people in the industrialized countries are affected by H Pylori.

Are you infected?

4. H Pylori can cause substantial intestinal damage

Because of their spiral shape and the way they move H Pylori can penetrate the stomach’s protective mucous lining this bacteria can cause substantial damage and neutralize the stomach’s acids

5. H Pylori causes symptoms both in your digestive system and in other areas of your body

Insomnia, Low energy, Bad breath, Gastritis, Acid reflux, Heartburn, Constipation, Nausea, Fatigue, Migranes, B12 deficiency, Systemic autoimmunity, Hashimotos disease, Indigestion, Bloating, Indigestion, Systemic autoimmunity
6. Check your breath

Don't be surprised if your doctor pays more attention to your breath than to your stomach and then orders:
- Breath test
- H Pylori blood test for specific antibodies
- Stool antigen testing
- Endoscopy with a biopsy

7. Conventional treatment works only for about 70-80% of people

There are more and more cases when H pylori becomes resistant to antibiotics making this treatment less effective or ineffective at all in a long term

8. The truth is:

If you have this bug you want to get rid of it and not just try different sets of antibiotics and hope that they will work

If conventional treatment with antibiotics didn't work for you check out your natural alternatives at OutsmartDisease.com/HP

References:
Visit OutsmartDisease.com/HP for more
Natural Remedies For H Pylori

Without identifying the **source of infection** H pylori can be difficult to get rid of because the probability of re-infection remains high. To avoid re-infection by a partner or other family members they need to be treated simultaneously.

Healing the damage caused by H pylori, improving digestion and nutrient absorption with dietary modifications should be the part of the treatment to prevent re-infection with H pylori with your next exposure. Anti-inflammatory diet (see lesson 10 of the *Hypothyroidism Diet Guide*) is considered to be the best to follow.

That said, diet alone is not enough to eradicate H pylori. It has a helix shape that allows H pylori to bury into the mucus layer of the stomach and other infected tissues and remain there until it is provoked to get out or is killed.

Many natural compounds and herbs have antimicrobial properties and can be effective against H pylori:

- Masted gum
- Garlic
- Ginger
- Cucumen tumeric
- Licorish root

However, you shouldn’t be trying different supplements and hope that they will work for you. To effectively eradicate H pylori you need to follow a specific protocol.

*The best clinically proven natural remedies available for H pylori are Matula herbal formulas*

Matula is a herbal tea that has antibacterial, antifungal, antimicrobial and pro-vulnerary properties and is easy to prepare. It eradicates H pylori permanently in 96-99% of patients in one treatment without destroying good gut flora and any toxic side effects that many people experience when using antibiotics and other
With Matula you can expect the following results:

- Acid reflex disappears within 24 hours
- It safely removes H pylori strains permanently within 2-3 weeks in the majority of people and provides complete symptom relief within 4 weeks of use.
- If you have malabsorption due to H pylori it can take up to 6 months to improve symptoms related to nutritional deficiencies.
- Matula herbal formula also addresses other infections including E coli, candida, bacterial overgrowth and is effective in the treatment of most upper abdominal complaints like small bowel inflammation, dysbiosis, gastritis, ulcerative colitis, diverticulitis, peptic ulcers, non-ulcer dyspepsia and gastroenteritis.

References:


PROOF SUGAR IS BAD, VERY BAD, REALLY LISTEN IT IS EXTREMELY BAD AND A MAJOR CAUSE AND AGGRAVATOR OF ALL DISEASE
SUGAR FED BAD BACTERIA IN THE GUT CAN TAKE OVER YOUR BRAIN LIKE AN ALIEN PRESENCE

http://indavideo.hu/video/Bad_Bacteria_Take_over_the_Brain