

Natural Remedy For Gastritis/Peptic Ulcer

1. Probiotics
2. Apple cider vinegar 3x/day before each meal
3. Pancreatin & J-flex 3x/day before each meal
4. Acute episode – 2 charcoal crushed mix with water and chlorophyll
5. No large , heavy meals
6. Take small frequent meals and chew properly, no drinking water while eating
7. Stop eating 4 hours before bed
8. Sleep on the left side
9. No orange or lemon juice or any other citrus fruits
10. To take raw potato juice 3x/day– organic potato - brush only, cabbage, celery juice and carrot 1 glass-250mls daily and mix with equal amount of water.
11. Total Polysaccharides Complex 1 tsp mix with ½ cup water 2-3 times a day for healing of the mucosa
12. No tomatoes or tomato base food
13. No GMO, no processed food, no coffee, tea, sugar, chocolates, can food, cheese
14. Eat more raw vegetables
15. Eat papaya/pineapple with food to aid with digestion
16. No peppermint tea, tobacco, alcohol, fatty food, fried food, carbonated drinks, onions, marbled meat, poultry skin
17. If gastric pain persist and travels down left arm with dizziness, weakness and breathlessness to seek help
18. Relaxation technique
19. Drink Chamomile tea 3-4 times a day.
20. Drink 1 teaspoon of Glycyrrhiza Glabra 3 times a day.