

## **Key Considerations**

### **Causes, Promoters, and Results**

1. Infection by *Helicobacter pylori* followed by increased acid secretion.
2. Failure to drink sufficient water.
3. Use of aspirin or other NSAIDs (non-steroidal anti-inflammatory drugs) use.
4. Almost all drugs irritate the stomach, but especially steroids are prone to cause ulcers.
5. Allergies or food sensitivities: One study revealed that patients with proven peptic ulcers also suffered in 98 percent of cases from respiratory tract allergies. Ref. Annals of Allergy 32:127-30, 1974.
6. The use of alcohol, tea, colas, or coffee.
7. The use of tobacco.
8. Excessive dietary sugar, salt, and fat.
9. Insufficient intake of linoleic acid from nuts, seeds, whole grains, and beans.
10. Inadequate chewing, overeating, or undereating. All food should be chewed to a cream before swallowing. Overeating and eating between meals slows gastric emptying, promotes excessive acid, and encourages ulcers.

### **Major Observations**

1. Avoid antacids as they cause rebound acidity in the stomach. Fast one day using nothing except water by mouth. Fasting also reduces acid production. Meals on the first day after the fast should be approximately half the quantity one ordinarily eats.
2. Begin a simple diet consisting of not more than two food items, plus bread and spread. Never eat between meals, and avoid all irritants for the stomach such as ginger, cinnamon, nutmeg, cloves, black and red pepper.
3. The diet should be changed to a non-irritating type, which means the total elimination of vinegar and any product containing vinegar including bread; irritating spices (ginger, cinnamon, nutmeg, cloves, black and red pepper); the brown drinks coffee, tea, colas, and chocolate; animal products of all kinds (meat, milk, eggs, and cheese); excessive quantities of salt, all baking soda or baking powder; all beverages except water and herb teas; all sweetening agents including honey; refined proteins such as soy protein isolates (watch soy milk and meat substitutes); and refined fats such as margarine, butter, mayonnaise, fried foods, cooking fats, salad oils and nut butters.
4. Chew food well taking small bites and eating slowly. A well chewed meal produces as much hydrochloric acid as a poorly chewed meal, but the well chewed meal produces more buffer substance. This is very important.
5. Maintain good hydration, as many people have peptic ulcers because of chronic dehydration. Under 50 years of age you may need around eight glasses each day; over 50 you probably need ten to twelve glasses.
6. Caffeinated beverages, even when decaffeinated, prolong the stomach acid output and must be banished from the diet. Drink eight to ten, eight ounce glasses of water or herbal teas per day. Many people with peptic ulcer disease are chronically dehydrated.
7. Do not smoke as smoking inhibits pancreatic bicarbonate secretion and promotes backward flow of material from the duodenum to the stomach.

8. Buy large green bananas called plantain, peel, lay the slices out on a towel to dry, either in the sun or in an oven turned to the lowest possible temperature. When the plantain is entirely dry, pulverize the pieces in a blender to a powder and take two tablespoonfuls two to three times daily.
9. Aloe vera juice, two ounces ten minutes before each meal, has a healing benefit. Often helpful is a heaping teaspoon of finely ground slippery elm stirred into two to four ounces of Aloe juice.
10. An ELIMINATION AND CHALLENGE DIET should be attempted to see what foods the patient is most sensitive to, and eliminate them until the symptoms are entirely gone. They may then be reintroduced one at a time every ten days. Millet is often soothing to the intestinal tract, especially in peptic ulcers.
11. Stress increases stomach acid production. Remember that exercise neutralizes stress, and have a regular out-of-doors program daily.
12. For pain of peptic ulcer, an ice bag may be placed over the point of maximum pain
13. Another method of pain relief is that of applying heat. You may use very hot fomentations or hot wet towels, as hot as can be tolerated on the abdomen. You may prefer a hot bath instead. About half an hour before bedtime sit in a tub of hot water, so hot that you sweat rather profusely, unless your resting heart rate (pulse rate) is more than 90 per minute, since the heart rate will increase as you sit longer in the hot water. Keep your face cool with cold compresses wrung from ice water. As soon as the hot part is over—about 20 minutes—you should take a brief cool shower for about 20 seconds. Briskly rub your skin dry with a coarse dry towel, dress for bed, and get into the bed to sweat. You should be able to fall asleep with this treatment. The treatment may be done in the daytime if you have pain then. If your resting pulse rate is above 90, you should not do this treatment.
14. Herbal teas may be used for soothing, for pain, sedation, etc., as needed. These include white willow bark, wild lettuce, licorice, and slippery elm..
15. Garlic, if tolerated, should be taken in the quantity of five cloves four times a day. The garlic can be chopped and made into a garlic sandwich, if preferred. The sandwich can consist of three to five garlic cloves taken in a sandwich twice a day. The other two times the garlic cloves may be taken blended in cabbage or celery juice. If raw garlic is irritating to the stomach, it may be steamed. Put one globe of garlic cloves in a microwave oven for one minute and ten seconds, or steam over water for ten minutes, or bake in an oven at 350 for 20 minutes. The entire globe should be taken when it is cooked.
16. If there is bleeding you may use a single very, very hot compress. Hold the ends of towels folded lengthwise and twist them as if wringing the towels out of water. Dip the mid-section into hot water. The hot compresses should be above 115 degrees, but not as hot as 120 degrees. Lift the towels from the hot water while maintaining their twisted position, then twist really tightly and stretch them out to remove excess hot water. Quickly open up the towels, fold and apply to the abdomen over the stomach area. Allow the compress to stay on only three minutes, and by all means no more than six. This should be followed by a very cold and icy compress for one minute and a cold mitten friction to the arms, ending with a dry friction to encourage blood flow to the arms. Do not rub the abdomen after the cold compress. Keep the patient still and quiet after the treatment.
17. Keep the extremities warm as chilled extremities cause reduced blood flow to the stomach.

### THE ULCER DIET (WEEK ONE)

| <u>BREAKFAST</u>                                         | <u>LUNCH</u>                                                      | <u>DINNER</u>                             | <u>NOTES</u>                                                                                   |
|----------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------|------------------------------------------------------------------------------------------------|
| Slippery elm + Millet ugali                              | Yams + lentils                                                    | Pawpaw                                    | No Spices of any kind<br>At least 5 hours between meals                                        |
| Cabbage Salad+ Grated raw garlic 2pieces+ coconut flakes | Whole grain maize flour ugali + dandelion/ +Moringa               | Broccoli +cabbage salad                   | No water between meals<br>All fried foods must be eliminated.                                  |
| Comfrey+ Slippery elm+ brown Ugali                       | Brown rice + French beans                                         | Raw Potato Juice                          | Avoid food or drink that is either too hot or too cold.                                        |
| Carrots+ Broccoli + cabbage Salad                        | Cassava+ kamande                                                  | Honey+ Cinnamon                           | Avoid all Foods that contain combinations of milk and eggs, milk and sugar, or eggs and sugar. |
| Fast + Honey                                             | Millet Ugali + Green Veges                                        | Avocado                                   | Take enough water between meals, 30 minutes before meals, at least one hour after meals.       |
| Boiled Maize + Brown Porridge                            | Matoke (plantain) + Dengu                                         | Roasted Pumpkin seeds with Flaxseed flour | No refined sugar should be introduced to the diet.                                             |
| Wholesome brown chapati + lentils                        | Cashew nuts , pumpkin seeds, Macademia and chia seeds all roasted | Carrot +ginger + garlic + cabbage Juice   | Always sleep earlier and on an empty stomach                                                   |