



Newsletter

No.18

Painful Peptic Ulcers

Peptic ulcers are of unknown cause but can properly be considered to be caused by some kind of improper use of the digestive tract. Ulcers, therefore, must be treated by correcting the improper practices.

Definition:

An ulcer is a hole in the lining of the wall of the stomach or the duodenum. Gastric ulcers are peptic ulcers occurring in the first 28cm of the intestine. Ulcers tend to flare up during spring and autumn of the year and both tend to be more common in males than females. The risk of getting an ulcer also increases with age.

Causes:

- Avoid stomach irritants i.e. strong spices, vinegar, alcohol, tobacco, caffeine, baking soda, sugar, antacids, aluminium cookware and utensils.
- Eat a low protein diet, as acid is formed most freely in response to the presence of protein.
- Do not eat between meals
- Stop worrying as it is useless.
- Deficiencies of folic acid, pantothenic acid, zinc and Vit A are found to be causes.

The following suggestions may be helpful:

- Step up your exercise routine to neutralize any stresses in your life.
- Slow down and learn to relax. Stress causes the stomach to become overactive. Concentrated acid is then secreted in larger than normal amounts.
- Obtain plenty of sunshine.
- The diet should be rich in Vitamin A (at least 25,000 units), E (at least 100 units), zinc (at least 40mg) to help heal the mucosal tissue and to prevent scarring. Vitamin E is also known to help dissolve old scar tissue.
- Olives are helpful and should be included with your meals but avoid them if prepared with vinegar.

Natural Painkillers & Remedies :

- 2 Tbsp of Aloe Vera gel for pain.
- Boil 2 Tbsp of linseed with 2 cups of water. Cook until the mixture thickens, then strain and add to 1 cup of raw potato juice or take it plain.
- Proper chewing may help to prevent peptic ulcers – remember your stomach does not have teeth! Proper chewing mixes saliva with your food which in turn protects your intestinal lining from erosion.
- Drinking copious amounts of water will dilute the gastric acid and ease the pain.
- Mix 1 Tbsp each of activated charcoal with olive oil and eat 1/3 of this 15 minutes before a meal.
- Apply an ice bag to the abdomen just above the navel for 15 minutes.
- Ginger tea can be used as an alternative to drugs.
- Licorice contains several anti ulcer compounds and its extracts are safe to use in moderate amounts, up to 3 cups of tea a day.- for no longer than 6 weeks.
Excessive amounts can produce lethargy, headache, high blood pressure, sodium and water retention.
- Bananas are an old folk remedy for many gastrointestinal problems because they soothe the digestive tract. Studies have proved them to have an anti-ulcer effect.
- Raw cabbage juice is also effective as an anti ulcer treatment. You would however have to drink 1 litre per day! Studies have shown that cabbage juice is just as effective as conventional antacids!

- Pineapple, like cabbage is fairly well endowed with glutamine, a compound with experimentally verified anti-ulcer effects.
- Turmeric, a culinary herb might be called the poor person's ulcer treatment. a 250 milligram capsule taken 3 times daily will relieve ulcer pain.

The Problem with Antacids:

Aluminium based antacids may cause constipation, weakness, anaemia, delayed gastric emptying and perforation of the colon (and contribute to high levels of aluminium found in brains of Alzheimer's patients).

Calcium containing antacids may cause...rebound acidity and calcium phosphate deposits in the kidney tubules. Sodium in antacids may induce salt and water retention, worsening edema and acites, hypertension and cardiac failure. Bicarbonate antacids may induce alkalosis. (*Dr. Agatha & Calvin Thrash. Phylis Austin.... Natural Remedies, p. 99*)

RECIPES YOU CAN GET YOUR TEETH INTO.

Anti Ulcer Fruit Cocktail

(The Green Pharmacy – James A. Duke Ph.D.)

Cut up some bananas and pineapple; the amount and proportions will vary depending on how many people you are serving. Place them in a serving bowl and add the blueberries. Season to taste with cinnamon, cloves and ginger (try to be generous) and sweeten with honey (if using).

Vegetarian “Chicken” Pie

Pastry

1 ½ cups Eureka whole wheat flour

¼ tsp salt

2 heaped tsp tahini or cold pressed olive oil

Rub all ingredients together and add a little water to make a pliable dough.

Spray the oven dish and line it with the pastry, fluting the edges.

Bake the pastry till light brown at 180 °C.

Filling

Braise till lightly browned:

1 medium sized onion cut into pieces

3 large cloves garlic sliced or crushed

1 medium sized red pepper chopped

¼ cup water (can add more to prevent burning or use olive oil)

Add:

2 medium sized sweet potatoes or irish potatoes which have been washed and grated with skins.

Add 2 cups of vegetarian chicken pieces and stir while adding 1 – 1 ½ cups of water.

Let simmer adding a little more water if needed so as not to burn.

Add:

1 tsp Nature's Choice vegetable stock

2 Tbsp mock chicken stock

1 Tbsp (heaped) maizena mixed with a little water and 2 Tbsp soya sauce

1 cup coconut cream

Mix all together and then pour this mixture into the pie crust and bake at 180°C till crust is done.

WE OFFER YOU

Our best service at all times. Please let us know what your needs are and we will try our utmost to source it.

Products Available in the shop:

Eureka Whole Wheat Flour, R42.00 per 2.5kg
Nature's Choice Vegetable Stock , R40.50 per 28g
Zinc, R92.50 per 15mg
Ginger, R37 per 60 capsules
Activated Charcoal Powder, R18 per 125g
Activated Charcoal Capsules, R58 per 90 capsules
Vitamin E Complex, 60 caps, 71.00
Advanced B10-CoQ10 Complex, 60 caps, R150.00
Nature's Choice, Kelp powder, R13.00 per 120g
Nature's Choice, Dairy-Free Instant Cream, R21.50 per 150g
Nature's Choice, Bentonite Clay Facial Mask, R35.00 per 200g

Just Arrived !!

Our "Essentials" shelf is stocked again!

Rehydrate (Blackcurrent) – for treatment of dehydration, R 12.00 per 14g pkt.
Toilet Paper, R8.00 each
Tissues, R6.00 each
Dove Cotton Wool Rolls, R14.00 each
Shower Caps, R4.00 each
Shower to Shower (Fresh Zest), R21.00 each
Shower to Shower for men (Glacier), R21.00 each

THINK ABOUT THIS.

*"The world cares very little about what a man or woman knows; it is what the man or woman is able to do that counts." **Booker T. Washington***

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