

Natural Help 4...

Duodenal Ulcer



What is a Duodenal Ulcer?

A [duodenal ulcer](#) is a **raw area or open sore (ulcer)** that develops when there is a break in the lining of the duodenum, the upper part of the small intestine which is connected to the stomach. When food passes from your mouth, it moves through the esophagus and into your stomach. From the stomach, it travels into the duodenum. The duodenum produces chemicals and mucus, which **protects the tissues and covers the surface from the acid**. If the acid damages this protection by breaking through the lining of the duodenum, an ulcer occurs.

Men tend to be affected more frequently by duodenum ulcers than women. It is also more common in **people with a family history** of duodenal ulcers.

Diagnosing a Duodenal Ulcer

The **diagnosis of a duodenal ulcer** is based on the patient's symptoms, medical history and physical examination. In addition, certain tests may be ordered to determine the diagnosis and they include:

- Upper GI X-ray
- Blood tests
- Endoscopy
- Biopsy

Symptoms and signs

The common symptoms of a duodenal [ulcer](#) include:

- Upper abdominal pain or pain below the breastbone which usually comes and goes. Often, this pain will occur before meals, when you are hungry and even wake you from your sleep.
- Stomach bloating
- Retching
- Vomiting
- Nausea or feeling sick
- Heartburn
- Bloody stools

Complications that may develop as a result of a duodenal ulcer include **bleeding and perforation**, where the ulcer pierces right through the wall of the duodenum. This causes immense pain and immediate medical attention is required.



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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

What Causes a Duodenal Ulcer?

Most duodenal ulcers are caused by a **chronic infection with a bacteria** called H.pylori. Anti-inflammatory medications such as aspirin and ibuprofen which many people use for muscle pain relief and arthritis also affects the lining of the duodenum and causes excess stomach acid. Other factors that may increase the risk of developing a duodenal ulcer include nicotine, caffeine, excessive alcohol consumption and stress.

Help for a Duodenal Ulcer

The treatment of most duodenal ulcers involves **treating the infection** with H. pylori. Antibiotics used together with medication needed to [reduce stomach acid](#) are prescribed. This combination therapy is called triple therapy and it is generally recommended that the full course be taken to prevent recurrences. However, this may medication may cause side effects such as diarrhea and allergy reactions.

Natural Remedies

While prescription drugs are effective for treating the symptoms of digestive problems, they sometimes have negative side effects. For a more natural, healthier approach, **herbal remedies safely improve digestive health and reduces inflammation.**

Two well known herbs such as Matricaria recutita (German Chamomile) and Filipendula ulmaria (Meadowsweet) have excellent anti-inflammatory and antispasmodic effects that soothe and [calm the digestive tract while also reducing stomach acid.](#) Other herbal ingredients include Ulmus fulva (Slippery Elm) and Sutherlandia frutescens ('Cancer Bush') reduces pain and irritation, and also acts as a powerful tonic.

Tips to help prevent a duodenal ulcer

To prevent recurrences of duodenal ulcers, some lifestyle changes are recommended and these include:

- Eat a high fiber diet that consists of fresh fruit, vegetables and whole grain foods
- Avoid sugary foods that secretes acid
- Exercise regularly
- Reduce alcohol consumption and caffeine intake
- Stop smoking
- Avoid medications such as aspirin and ibuprofen
- Learn to manage stress by practicing relaxation techniques such as meditation or yoga

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic

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medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Gastronic Dr. : Promote healthy digestion and encourage comfort after meals

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This formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance - exactly as nature intended!

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