Nutritional Support for Peptic Ulcer Disease
(PUD, Duodenal Ulcers, Gastric Ulcers, Stomach Ulcers, Stress Ulcers, Duodenitis, Gastritis)

The purpose of this protocol is to help prevent and/or promote the healing of peptic ulcer disease, by addressing the various, underlying causes of PUD. This protocol works very well in conjunction with homeopathic medicine and other integrative CAM therapies.

1) **Astaxanthol**: 1 to 2 capsule(s) two to three times daily with food; uniquely designed, nutraceutical formulation that is an extremely potent, highly bio-available, broad spectrum, anti-aging, anti-inflammatory complex that significantly protects the brain, eyes, heart, blood vessels, joints, skin, and all cells, tissues and organs from injury by free radical-induced oxidative stress, esp. that produced by toxic chemicals; the active ingredients, Astaxanthin and Seanol-P, are extremely powerful, carotenoid, and bioflavonoid lipophilic antioxidants, respectively, which easily penetrate into all body cells, and serve to both prevent and repair free radical-induced oxidative stress damage to the infrastructure of the gastrointestinal tract; Gamma-Linoleic Acid (GLA) is an omega-6 essential fatty acid that is very important for helping to control gastrointestinal mucosal inflammation.

2) **Bilberry Extract**: 1 to 2 capsule(s) twice daily with meals; provides purified, concentrated source of potent, anthocyanoside and anthocyanidin bioflavonoids that help to protect, repair and strengthen digestive tract blood vessels, and enhance gastric mucosal defense mechanisms, thereby promoting accelerated healing of peptic ulcer disease.

3) **Broad Spectrum Probiotic**: 1 to 2 caplet(s) twice daily; very potent, broad-spectrum, probiotic complex that enhances immune defenses, and regenerates and protects intestinal flora.

4) **C-1000 Plus**: 2 to 3 capsules twice daily with meals; specially formulated, potent complex of plant-derived vitamin C, herbal extracts, and citrus bioflavonoids that enhances immune cellular defenses, helps eliminate *Helicobacter pylori* infections, and protects and repairs gastrointestinal tissues from infectious inflammation, and free radical oxidative stress damage.

5) **Gastro Pro**: 4 capsules three times daily between meals for three months to help eliminate *Helicobacter pylori* infection, then 2 capsules twice daily to maintain gastrointestinal health; specially designed, nutraceutical complex, containing Deglycyrrhizinated licorice root (DGL), Neem Leaf Powder (Azadirachta indica), Mastic Gum (*Pistacia lentiscus*), and Bovine Colostrum Immunoglobulins, which significantly supports healthy gastrointestinal system integrity and function, especially of the stomach, esophagus and intestines, and is helpful for acute and chronic gastritis, peptic ulcers, gastroesophageal reflux disease (GERD), and/or inflammatory bowel, and intestinal permeability disorders, particularly those caused by *Helicobacter pylori* infections.

6) **GC-MSM 3550**: 2 to 3 capsules twice daily; specially formulated complex providing glycosaminoglycans, green shell mussel extract, mucopolysaccharides, superoxide dismutase, antioxidative amino acids, vitamins, and minerals essential for the maintenance of gastrointestinal wall structural and functional integrity, and proper mucosal healing.

7) **Glutamine powder**: 2 to 3 teaspoons (10 to 15 grams) twice daily in drink, ideally between meals; provides purified L-glutamine, an amino acid essential for enterocyte (intestinal cell) energy
metabolism, repair and regeneration, demonstrated, with long term daily supplementation, to induce significant clinical and endoscopic improvement, including alleviation of abdominal pain, diarrhea, anorexia, muscle mass and weight loss, reduced bacterial translocation and intestinal permeability and decreased toxic, pro-inflammatory lipopolysaccharide levels resulting in improved healing of PUD.

8) **MSM Complex**: 3 to 4 capsules twice daily with meals; specially formulated, high potency, methylsulfonylmethane, and magnesium ascorbate complex that helps prevent, and promote healing of PUD, especially in cases due to *Helicobacter pylori* infection, which MSM helps to eliminate.

9) **Oliver 500 mg**: 2 to 4 capsules two to three times daily; purified, concentrated source of oleuropein, a secoiridoid monoterpenes glycoside polyphenol, with potent, antimicrobial, immunomodulatory, and anti-inflammatory properties that helps to fight *Helicobacter pylori* infections, and relieve gastrointestinal inflammation.

10) **Pantothenic 500**: 1 capsule twice daily with meals; purified, high potency source of pantothenic acid, a B vitamin coenzyme factor involved in the maintenance of healthy, gastrointestinal mucosa that is often deficient in patients with PUD.

11) **Toco-Q**: 1 capsule twice daily with meals; provides purified, high potency source of ubiquinol and tocotrienols essential for normal gastric mucosal immune defense mechanisms, and controlling gastrointestinal inflammation.

12) **Bio-Ae-Mulsion Forte**: 4 drops twice daily for 1 week, then 3 drops twice daily for 1 week, then 2 drops twice daily for 2 weeks, then 2 drops once daily for 2 weeks, then 1 drop daily in water or juice; purified, concentrated source of natural retinols that resolves the deficiency of vitamin A often present in people with PUD, and helps to prevent and repair lipid peroxidation, and inflammation of the gastric mucosa.

13) **MSM powder**: 2 to 4 teaspoons in water or other beverage twice daily, ideally between meals; purified, high potency methylsulfonylmethane that helps to prevent, and promote healing of PUD, especially in cases due to *Helicobacter pylori* infection, which MSM helps to eliminate.

14) **Aloe 200X (#D03910)**: 2 to 3 capsules two to three times daily between meals; rich source of purified acemannans and mucilaginous polysaccharides from certified, organically grown *Aloe vera* and *Aloe barbadensis* extracts that exerts antimicrobial effects via the stimulation of interferons, macrophages and phagocytes, significantly enhances gastric mucosal defense mechanisms, inhibits gastric acid secretion, deactivates gastric enzymes and hydrochloric acid in an empty stomach, and helps to alleviate inflammation of the gastrointestinal tract, and promote healing of ulcerations; gluten-free.

15) **Gotu Kola Extract (#GOTU3)**: 30 to 60 drops in a little water or diluted juice twice daily between meals; purified, concentrated extract of *Centella asiatica* shown to help prevent toxin-induced gastric mucosal lesions by strengthening the mucosal barrier, and reducing free radical oxidative damage, esp. useful for alcoholic gastritis and peptic ulcers due to alcohol abuse.

16) **Mastica 500 mg (#MASTI)**: 4 capsules three times daily between meals for three months to help eliminate *Helicobacter pylori* infection, then 2 capsules twice daily to maintain gastrointestinal health; provides purified, concentrated Mastic Gum (*Pistacia lentiscus*) shown to be helpful for acute and chronic gastritis, peptic ulcers, gastroesophageal reflux disease (GERD) and/or inflammatory bowel, and intestinal permeability disorders, particularly those caused by *Helicobacter pylori* infections.
17) **Refluxin** (#REFLU): chew 1 to 2 tablet(s) after meals followed by a sip of water, up to five times daily; clinically effective combination of magnesium carbonate, potassium bicarbonate, sodium bicarbonate, Lecithin, Mucin, and Pectin that rapidly neutralizes gastric acid, relieves pain in PUD and GERD, and promotes healing of the inflamed, gastric mucosa; does not cause gastric acid rebound secretion and hyperacidity as do the calcium-containing antacids, e.g., Rolaids, Tums, etc.

18) **Zyflamend** (#ZYF12): 2 softgel capsules twice daily; unique, high potency, organic, supercritical botanical extracts of *Berberis vulgaris, Camellia sinensis, Coptis chinensis, Curcuma longa, Ocimum sanctum, Origanum vulgare, Polygonum cuspidatum, Rosmarinus officinalis, Scutellaria baicalensis*, and *Zingiber officinale* possessing powerful, anti-inflammatory, antioxidant, antiproliferative, apoptotic, and antimicrobial properties that have been demonstrated to help control acute and chronic inflammation, as well as to inhibit and promote resolution of pathogenic bacterial overgrowth associated with acute exacerbations of peptic ulcer disease, aid in the alleviation of indigestion, and decrease risk of gastrointestinal cancers.

**Children's Dosage:**

Give ½ of the above recommended adult dosages.

**DrM's Recommendations:**

DrM recommends using agents #1, 3, 5, 7, 12, and 17 initially as directed. Add other agents according to your symptomatic response and relief. Listen to your body. Everyone is unique.

**Additional Supportive Care:**

- Avoid caffeine, alcohol, aspirin, chocolate, fried foods, excessive fatty foods and calcium-containing antacids
- Avoid herbal extracts of *Angelica sinensis* (Dong quai), *Coleus forskolii* (Forskolin), and *Schizandra chinensis*, and excessive consumption of dietary proteolytic enzymes, nicotinic acid, and taurine, which may stimulate excessive gastric secretion of hydrochloric acid, and/or aggravate ulcerations
- Avoid use of digestive enzyme complexes until peptic ulcers are completely healed; when fully healed, use *Digestin* (from *PGL*) 1 to 2 capsule(s) with every meal to enhance digestion and assimilation of nutrients
- Eat organic cabbage and beet salad, fresh-pressed organic cabbage and beet juice, and/or soup (cooked slowly in a crock pot), shown to rapidly accelerate the healing time of PUD by over 80% due to the high content of glutamine, and antioxidants
- Eat mashed, green, unripe bananas, shown to accelerate the healing of existing peptic ulcers and help to prevent the reoccurrence of PUD in 70% of patients
- Drink 2 or more cups of organic white potato juice in morning on waking, made by soaking thinly sliced potato in warm water overnight
- Take measures to diminish and/or eliminate sources of chronic stress in your daily life, e.g., meditation, silent prayer, massage therapy, Taiji (Tai Chi), Qigong (Chi Kung), yoga, regular aerobic exercise, insight psychotherapeutic counseling, etc.; see **Anxiety & Stress** protocol
• Strongly recommend comprehensive Food Allergy Testing, and following elimination-rotation diet as indicated by the food allergy test results

• Undergo medical evaluation for *Helicobacter pylori* infection, or malignancy/cancer a.s.a.p. if symptoms persist and/or worsen

Resources:

❖ Obtain above nutraceutical agents #1 through #11 from PGL at (800) 527-9512, use #7876 to order.
To order online from PGL, copy and paste https://www.progressivelabs.com/register.php into your browser window, register using #7876 under “Referred by,” and then place your order.

❖ Obtain above nutraceutical agents #12 and #13 from Biotics Research at (800) 524-5183, use #VA-1896 to order.

❖ Obtain above nutraceutical agents #14 through #18 from Emerson Ecologics at (800) 654-4432, state Dr. Fleisher’s name to order.
To order online from Emerson Ecologics, we will need to add your full name and current, email address to the Wellevate.com fulfillment web portal.

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Alternative DrMCare, P.O. Box 860, Nellysford, VA 22958, info@alternativedrmcare.com