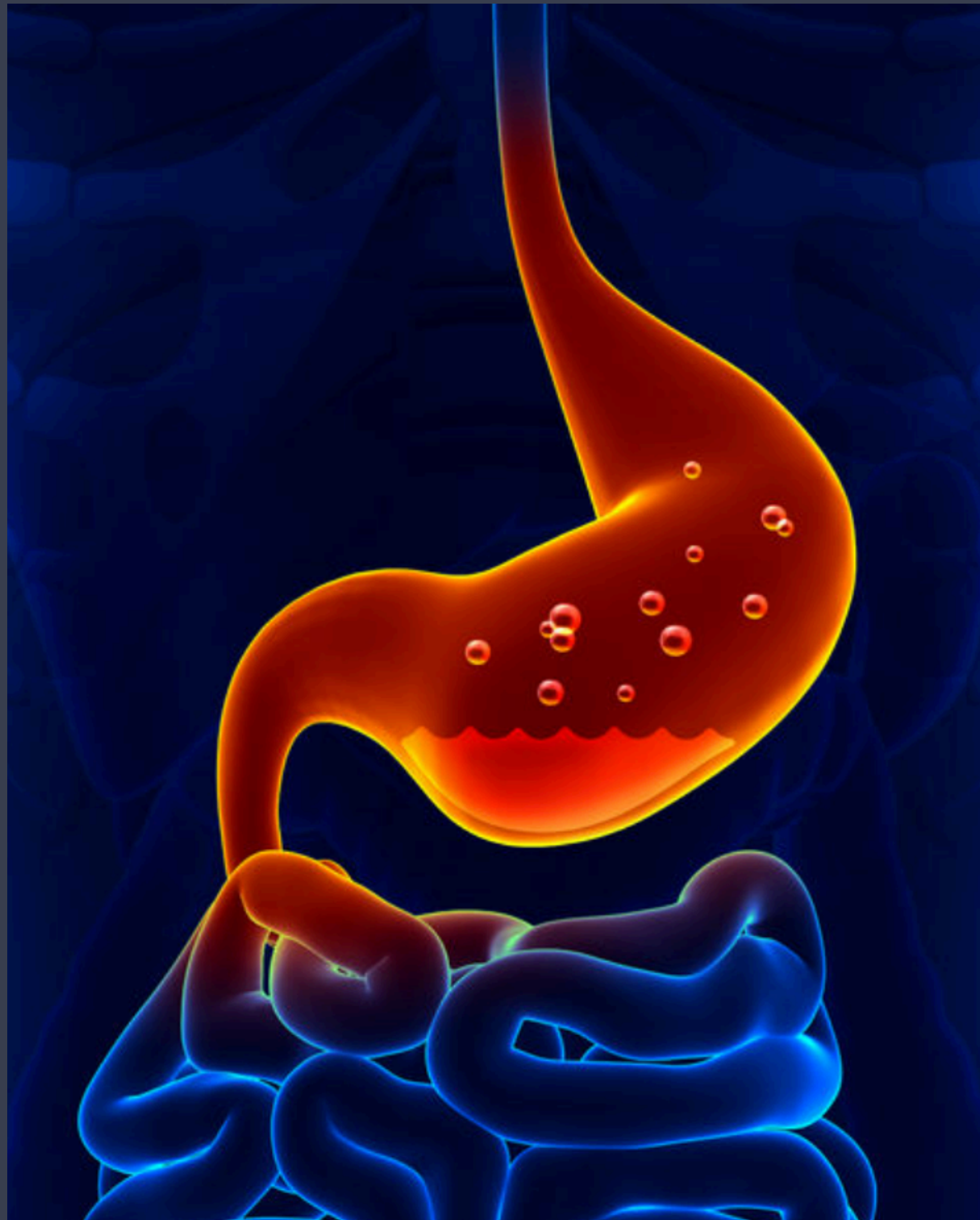


Coming Off Nexium & Healing Your Gut

And Other Proton Pump Inhibitor
(PPI) Medication





PPI's Do Work For Some People But Not For Others.

Gastro issues can develop for many reasons.

Parasites and acid forming foods

Low stomach acid

Stomach abnormality called hiatal hernia (at any age)

Malfunction in the lower esophageal

Sphincter (LES) See a gut chiropractor

Smoking and alcohol

The information provided within this leaflet is a guide only. The listed information covers a variety of natural combined products that we know has been successfully in healing acid reflux and secondary health issues that can develop to the long term use of Nexium and other PPI medication. We cannot give you any advice regarding prescription drugs.

We do not advise you to cease taking any medication prescribed by your GP without first consulting with them. This leaflet has been complied by our team of qualified health practitioners with over 20 years experience in the field of gastrointestinal problems and we are dedicated to helping people to heal their gut issues.

There is ample information regarding the long term effects of PPI medication to be found on the Internet and many research studies that back up the effects that people are experiencing. The question is, are you ready to stop swallowing a pill and take control of your own health? There is no magic bullet cure and effort and focus is needed to heal.

Healing your gut is not an overnight cure and may take up to 6 months to fully recover, or longer. All the suggestions we make for what to take and how to take them needs to be followed. You will probably find that you feel better in as little as a week, but discontinuing the plan can result in symptoms returning until your gut is healed.

You may also experience the reoccurring of the symptoms that lead you to taking PPI's originally; this generally passes quite quickly.

Steps to naturally heal gastrointestinal issues caused by PPI's

Helicobacter pylori (H. pylori) is a bacterium (germ) that infects the stomach. It was first recognised in 1983. H.pylori bacterium lives in the lining of the stomach, and the chemicals it creates causes inflammation of the stomach lining. Infection can be long term unless treated.

Symptoms that can be associated with H. pylori infection include:

- Nausea
- An ache or burning pain in your
- Abdominal pain that's worse when your stomach is empty
- Loss of appetite
- Frequent burping
- Bloating
- Unintentional weight loss

It is not as yet understood how this bacteria is transmitted. But research tends to suggest that it is picked up during childhood. A number of possibilities including contact with contaminated water such as unclean rain/unfiltered tank water), or personal contact with someone who is infected. H. pylori has been detected in the saliva of some infected people, which indicates that the infection may be spread through direct contact with saliva. It is not thought that H.pylori is spread via farm animals or pets. Most people are infected during childhood and symptoms show up in adulthood.

Infection within Australia is lower than in the past

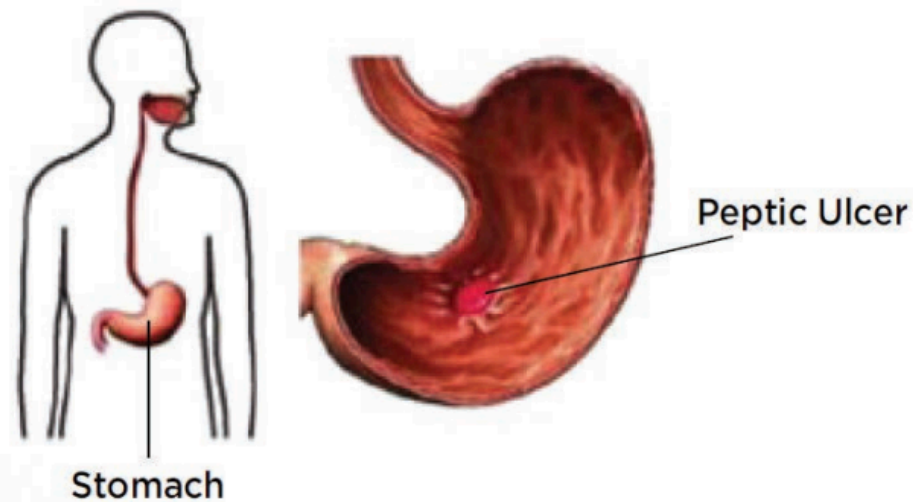
especially in the younger people. Approximately 40% of Australians over 50 have H. pylori symptoms, for both men and women and are not aware that this is the underlying cause of their gut problems.

What health problems does H. pylori cause?

H. pylori can cause the following diseases:

- Gastritis, inflammation of the lining of the stomach
- Duodenal ulcers developing in the small bowel
- Cancers of the stomach called lymphoma
- Stomach ulcers
- Reflux

PPIs have been shown to have the potential to alter the normal microbiota of the gut. This change starts in the oesophagus where the drugs modify oesophageal bacteria and then continues into the stomach, small bowel and colon, altering the bacteria that is typically naturally present. PPIs change the diversity of bacteria in the gut and specifically, studies have shown that the differences between PPI users and non-users are consistently associated with changes that lead to a less healthy gut microbiome.³ Essentially, these drugs are wiping out good and bad bacteria in your body in their effort to remedy the absence of acid in the stomach. https://www.biokplus.com/blog/en_US/gut-health/how-acid-reflux-may-be-linked-to-gut-dysbiosis_1



Testing for H. pylori - The Breath Test

A breath test can show up the infection of H.P. We have found that often it can result is a negative test result so a couple of tests would be advised. The breath test is very safe and easy to do, either with a [home testing kit](#), or a test done with your GP It is safe, simple and quick to perform. You can also request a blood test. 85% of cases of people with gut issues are caused by parasites.

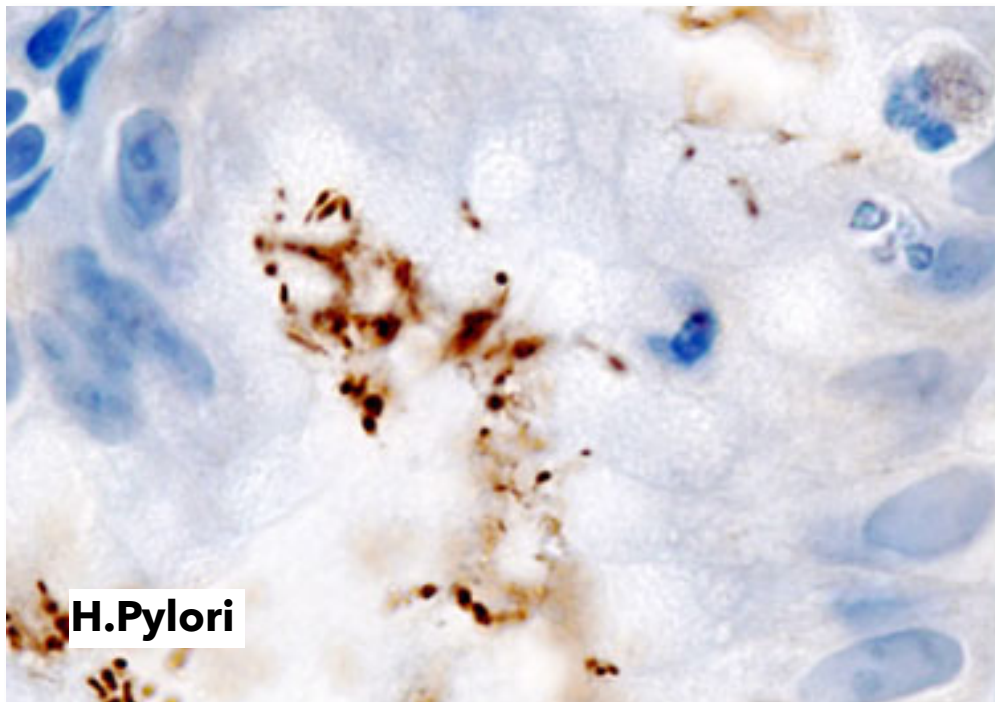
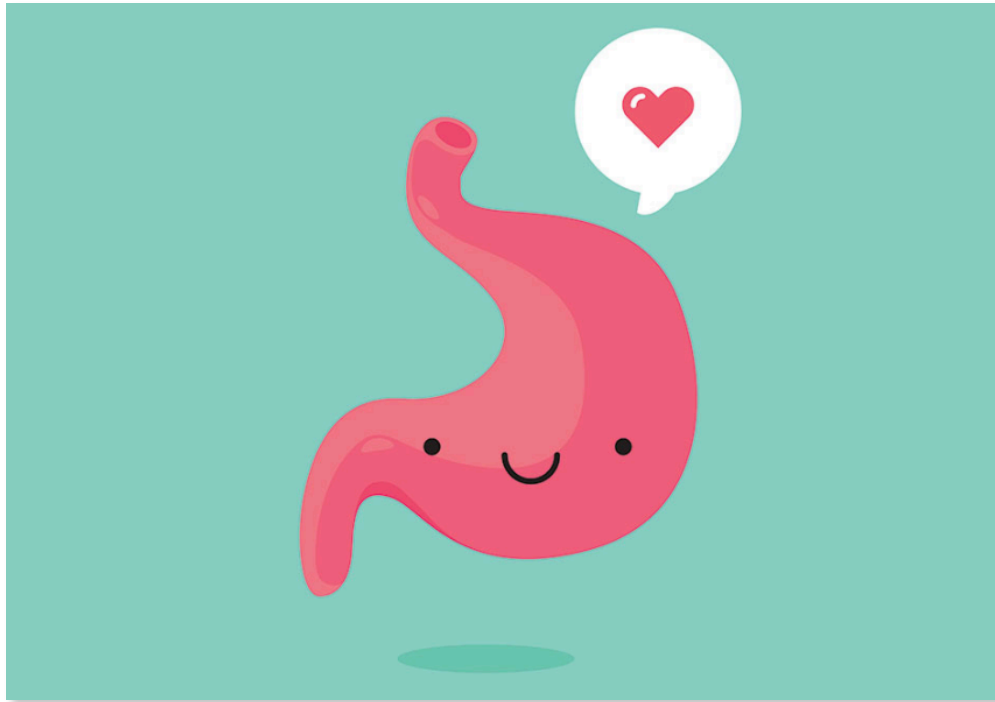


Leaky Gut Symptoms

Three main factors are the cause of leaky gut. **1. The release of Zonulin.** Zonulin is an inflammatory protein that Dr Fasano* became aware of in 2000. He discovered Zonulin helps regulate leakiness in the gut by opening and closing the spaces or "junctions" between cells in the lining of the digestive tract. **2. Bacteria in the intestines** and **3. Gluten**, which is a protein found in wheat and other grains. You don't have to be gluten intolerant to have an overload of it in your body.

(Alessio Fasano is an Italian medical doctor, pediatric gastroenterologist and researcher. He holds the W. Allan Walker Chair of Pediatric Gastroenterology at Massachusetts General Hospital).

Medical professionals are still trying to determine what causes leaky gut syndrome. An unhealthy diet, long-term [NSAID use](#), stress and chronic inflammation are other factors that are believed to contribute to it.



Getting Rid of H.Pylori and healing the gut

- Probiotics
- Grass fed gelatin powder
- Leaky gut support combination of gut healing herbs
- L-Glutamine Amino Acid powder
- Mastic Gum Powder
- MSM removes inflammation from the body
- B Complex and extra vitamin B12
- Bicarbonate of soda to help alkaline the body
- Bragg raw apple cider vinegar
- Do a colon cleanse and a parasite cleanse

Remove foods from your diet that are difficult to digest and that have big particle size for 30 to 90 days, such as all gluten products, all dairy, soy, grains, nightshades, nuts and seeds. Add supplements and herbs that accelerate gut healing. You have to follow a very specific protocol for at least 6 weeks.

Kerry Steel My Gut Story

Hello, my name is Kerry and I have heal my gut issues after 8 years of being in pain. 7 years ago after developing gastrointestinal pain I had a colonoscopy (examination of the colon) and gastroscopy (examination of the stomach) which showed revealed nothing. The Gastroenterologist told me I had GERD and put me onto Nexium at 20 mg. My symptoms did ease off for a short period but my gut pain returned. I went back to see my doctor and the dose was increased to 40 mg daily. My pain did decrease for a short period but then returned and with an extra localised pain to one area, which was the upper right hand side of my stomach. The doctor then changed my prescription to Somac 40 mg and my pain did decrease for a few months.

My pain did return and I was unable to get any further help from my doctor, who offered me antidepressants saying it was probably an emotional problem. There were no mention of diary changes or any alternative medication or investigation. I noticed that my vision had become blurry, I was so lethargic, no energy, bloated gut and the burning sensation in my stomach, which was stopping my daily life. I was not depressed just frustrated with not being able to find out what was wrong.

I was recommended to contact [OHCC](#) and they organised several test through [i-screen](#) one being H. Pylori breath test a [microbiome and leaky gut](#). All came back positive with a suspected peptic ulcer and IBS. I believe it was the [Helicobacter pylori](#) that was the causing my gut pain originally and the PPI's simply made things much worse.

This is what I have done to heal my gut and come of PPI's.

The first thing I started taking was high strength probiotics broad spectrum, which I purchased from OHCC I doubled up on doses and took morning and night, splitting the capsules and adding to a smoothie with 1 scoop of [Grass Fed Gelatine](#). OHCC made me up a [leaky gut support blended herbs](#) and I took one scoop twice daily in filtered water.

It took about 1 months for my pain to begin to ease and now I am feeling I am coming out of the fog and into better with no pain. I also had candida and OHCC treated me with herbs for that. I believe that I did not have an over production of acid in my stomach but in fact low acid. Symptoms from **Low stomach acid** is a trigger for poor digestive activity, which is what I was experiencing. The food I was eating were not being broken down therefore nutrients not being absorbed causing bacteria to build up. One of the symptoms from low acid is gas and bloating. I also developed a stomach ulcer.

The herbs and supplements suggested by OHCC (Organic Herbal Colon Cleanse Team) have worked for me. It has not been an overnight solution but I am healing my gut. I strongly suggest that anyone suffering with gastro issues to consider coming off PPI's after consulting with their doctor. I came off them slowly cutting to half then a quarter while starting on the herbs and supplements.

If you would like help with coming off PPI's and would like to take to someone, [please contact us](#). Do not come off PPI medication before first consulting with your doctor. We recommend that you always take certified organic herbs, which can be purchased from our website. Should you want to order call us first for further information and we offer a discount or several products order at once. Information Links: [MSM Leaflet](#) and [Green Smoothie](#)

I also took Mastic Gum extract powder to heal the suspected ulcer, 1 (one) 5g spoon twice a day. MSM, which I mixed with filtered water and drank that twice daily to take the inflammation out of my body, and extra supplements were suggested to support my liver Certified Organic St Mary's Thistle and Slippery Elm a desert spoon of Slippery elm and a teaspoon of St Mary's Thistle mixed with tepid water in a screw topped shaker. It turned into a gel substance and I kept that in the fridge and had a spoonful when needed. Keeps well in fridge for approx. 4-5 days. I went onto a suggested [alkaline diet](#), did a liver support from [PPC Herbs](#) and added organic colloidal minerals (Fulhealth) into my plan and tested my urine daily for pH balance which needed to be 7.5. Simplex testing sticks.

Food and drinks that can cause or aggravate reflux

Some foods and drinks tend to worsen reflux symptoms by increasing the amount of acid in the stomach or helping relax the lower oesophageal sphincter. They may include:

- fried or fatty foods;
- spicy foods;
- onions;
- garlic;
- peppermint or mints;
- chocolate;
- tomato-based foods;
- carbonated (fizzy) drinks;
- coffee and other caffeinated drinks; and
- citrus fruits or drinks.

Medicines that may cause reflux

Some types of medicines can increase the risk of having reflux or make reflux worse. Some examples include:

- Certain **painkillers**, including non-steroidal anti-inflammatory drugs (NSAIDs). These include medicines such as aspirin and ibuprofen. Codeine can also increase reflux.
- **Anticholinergics** such as oxybutynin (brand name Ditropan), which is used to treat an overactive bladder. These medicines can increase the tendency of the lower oesophageal sphincter to relax. Older people are particularly sensitive to these medicines.
- **Tricyclic antidepressants**.
- **Theophylline**, e.g., Nuelin SR (sometimes used in the treatment of bronchitis, emphysema and asthma).
- **Calcium channel blockers** (these medicines are usually used to treat high blood pressure and angina).
- **Bisphosphonates** (medicines used in the treatment of osteoporosis).

There are natural ways to stop reflux and heal gastrointestinal problems. Anti acid medication prescribed or over the counter is not always the best option for long term use and can may cause gut symptoms to worsen or cause secondary problems like stomach ulcers.

The information in this leaflet is merely a guide line for alternative natural ways to help your gut and not meant to substitute advise from your doctor. If you are having stomach pain that cannot be diagnosed then you may well have parasites.

How will you stop? If you have been on a PPI for a long time, you may be hesitant about stopping it. Most of the time you do not need to rush to stop your PPI. Having a "stop strategy" and stopping gradually may increase your chance of success

Should YOU stop? Some people should stay on a PPI, even for long periods of time. The choice to stop a PPI needs to be made by understanding the benefits and risks for YOU. Your doctor or healthcare professional can help you decide whether stopping your PPI is the right choice for you. Those who should continue a PPI, or seek a medical consult if considering stopping include: Those with a high ulcer risk who are also on drugs, e.g., NSAIDs, that increase risk of ulcers: Those with Barrett's esophagus Those with severe or uncontrolled esophagitis and those with persistent heartburn symptoms. Although there are natural treatments that can help, it depends on whether you want to give them a try.

DISCLAIMER

Please Read The Following Carefully Statements and information regarding our herbal preparations are not intended to diagnose, treat, cure or prevent any disease or health condition. The contents of this brochure should not be used as a substitute for seeking independent professional advice. All the information here can be found in abundance on the internet. All herbs are certified organic and meet Australian organic standards. If you have any questions, please get in touch with the clinic. Incorrect self-diagnosis can be harmful to your health.

Should you have symptoms that persist, consult your GP or healthcare professional. Suitability Herbal Treatments are NOT suitable: 1. If you are pregnant or breastfeeding, have ulcerative colitis, Crohn's disease, or any other bowel disorder. (Always check with GP). 1. You can still use this herbal treatment if you suffer from an irritable bowel.

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