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YOUR H. PYLORI GUIDE

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Functional Clinical Therapist



What Is H. Pylori Infection?

H. P. is nasty little bacteria that becomes an overgrowth and becomes very active in the lining of your stomach. When in overgrowth, and can cause damage to the stomach lining and small intestines resulting in developing leaky gut syndrome, ulcers in the stomach and the duodenum (small intestine). Pain is felt firstly in the upper abdomen and can go to the right-hand side under your rib cage resulting in painful inflammation.

H. Pylori can sit dormant in your digestive tract from childhood and is offered triggered into action through emotional and physical stress relation situation. You can have a dormant infection and experience no symptoms at all, or maybe a few now and again, but think nothing of it. In my opinion, people can be carriers of H. pylori, experience no symptoms, and never develop problems, but pass the infection on to others unknowingly.

Treatments offered for H. Pylori is complicated and often unsuccessful long term. This is because the bacteria do not completely die off. The antibiotics reduce the numbers, and the bacteria retreat to a dormant state, only to be triggered again later. H.P. has also become antibiotic-resistant in many cases.

The problem with Antibiotics is they are great for treating infections. Still, if overused, they can cause long-term changes to healthy gut bacteria. Because H. Pylori is so hard reduced to a level of dormancy antibiotics get overused and result in compromising gut flora and gut microbiomes. Successful testing results for H. P. can be a dice roller, and often a false negative can result from a stool test or breath test.

Stress and H. Pylori

I believe most people would agree that stress is part of their lives. When your body is in a stressed state or has experienced significant stress in the past, you have developed a digestive problem, which can be from IBS to an infection like H pylori. The immune system is affected by stress. When your immune system is compromised, your body struggles to kick out harmful bacterias, parasites, yeast, and fungal infections.

Factors That Can Cause Stress

- Financial problems
- Relationship difficulties
- Being made redundant
- Losing your job
- Bereavement
- School or other Exams
- Accident or physical trauma
- Major Illness
- Unhealthy diet
- Chronic dehydration
- Too much or too little exercise
- Sleeping Problems
- Dehydration
- Partner walking out

Stress Spelt Backwards Reads Desserts

How Stress Affects Your Body

Stress is your body's reaction to harmful situations. Stress affects your whole body-mind system, and long term stress results in ill health. Even though you might not realise you are putting yourself under pressure. The bodies reaction to stress can become entirely automatic, to the point that you have no control over managing it successfully, often not aware that you are functioning in a stressed state.

Your unconscious is responsible for running your body but does not know the difference between real or perceived reality.

When you feel threatened or frightened by something, whether internal or external, your brain releasing chemicals that signal to your whole body-mind system, something is wrong. This stress response is known as the fight or flight. Flight meaning run from danger; the fight means to stand and fight it

Stress itself does not necessarily cause specific conditions. Still, it can make the symptoms of those conditions worse, for example, muscle and joint pain, skin and hair problems, gut issues, lowers immune system. Stress affects your immune system and leaves your body vulnerable to picking up assort of bugs and bacteria your immune system would generally be able to kill off quickly.

If you do not run or fight, your body has no way to get rid of the chemicals, and therefore you are in a constant flux state. Our bodies are designed to cope well with small amounts of stress. But, we are not equipped to handle long-term, chronic stress without ill-health consequences.

Overtime continued stress manifests as physical conditions resulting in various symptoms like muscle and joint pain, skin and hair problems, gut issues. This lowers your immune system, leaving you vulnerable to picking up bugs and bacteria that your immune system would, under healthy conditions, kill off quickly.

So faced with a stressed situation such as undiagnosed gut issues is just one example of how H. Pylori can start to multiply and thrive in your body.

Spreading it around

H. Pylori infection spread through kissing, oral sex. If you are on treatment of any kind, you will be **contagious** until retests show otherwise. The stomach has a layer of mucus that is designed to protect it from stomach acid. H. pylori attack this mucus lining and leave part of the gut exposed to acid. Together, the bacteria and the acid can irritate the stomach, causing

Studies published to date suggest that **probiotics** can have a dual role in fighting against **H. pylori** infection. They diminish the frequency of gastrointestinal adverse events caused by **antibiotic** therapy and increase the eradication rate.

Your Gut and H. Pylori Layman Terms

According to the (CDCP) Centres for Disease Control and Prevention (CDC), 2/3 of the world population have H.Pylori. Most people do not know they are infected as they experience no symptoms.

The stomach has a layer of mucus that protects itself from stomach acid. H. pylori attack the mucus lining exposing parts of it to acid. H. P. bacteria, together with the stomach acid irritates the stomach, causing discomfort that can eventually lead to stomach ulcers, gastritis and other gut diseases.

To avoid the stomach's acidic environment, H .P. burrows into the stomach lining to reach the [epithelial cells](#) underneath, where it is less acidic. H. pylori produce large amounts of ammonia to overcome stomach acidity. The ammonia produced is toxic to the stomach cells, so many people experience inflammation, causing upper stomach pain. If left untreated H. pylori can spread to other stomach areas, the inflammatory response can result in [atrophy](#) of the stomach lining and eventually ulcers in the stomach. H. pylori cause no symptoms in about 80% of those infected.[\[86\]](#) About 75% of individuals infected with H. pylori develop [gastritis](#).[\[87\]](#) Colonisation with H. pylori is not a disease; it's a condition associated with many [upper gastrointestinal tract](#) disorders.[\[25\]](#) Testing for H. pylori is not routinely recommended.[\[25\]](#), it should be. There are several methods of testing invasive and noninvasive testing methods. If test results are negative, insist on multiple samples.

Sometimes the diagnosis is based on the patient's description of their symptoms. Still, other methods which may be used to verify gastritis include:

- Blood tests:
- [Blood cell count](#)
- Presence of
- [Liver, kidney, gallbladder, or pancreas](#) functions
- [Urinalysis](#)
- A stool sample to look for blood in the stool
- X-rays
- Endoscopy to check for stomach lining inflammation and mucous erosion
- Stomach biopsy to test for gastritis and other conditions

Unfortunately, and generally, doctors do not provide you with any information about how to take antibiotics and keep your digestive system healthy at the same time. This is no fault of their profession; they simply do not.

There is a way to do this, I have done it myself, so I know it works. I cover this later on. I will just add here that I went through all the above tests that came back negative.

H. Pylori and Antibiotics



Antibiotics have been getting a rough deal over the past few years. Overuse of them is causing many difficulties when it comes to gut health. Even just one course can damage the gut and wipe out all the good bacteria and healthy gut flora that your digestive system needs to function effectively.

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Antibiotics Therapy

PPI-based triple therapy

Which combination of antibiotics you will be offered will your doctor's decision to consider your past history and any side effects from taking specific brands. The antibiotics for triple therapy is a combination prescription, include Nexium Hp7 or Omeprazole and Probitor Hp7, Amoxicillin, Clarithromycin, or Metronidazole as the antibiotics prescribed for 7 days; however, in my experience, a 14 days course is needed to have a 50% chance of eradicating H. Pylori if you have had an undiagnosed overgrowth for an extended period. If you want to go down that path. To be honest, H. P. is not easy to swallow a pill, and it goes away. Antibiotics have their place and, if not overused, can be successful.

Unfortunately, general practitioners are not aware of foods that should be avoided while taking antibiotics, especially Amoxicillin. A list really needs to be handed out with a prescription.

Take Antibiotics Best taken first thing in the morning with food, preferable porridge. Leave at least 10 hours in-between each dose. This will stop nasty side effects. You could remember the regular times of 6 a.m., 2 p.m. and 10 p.m. for an antibiotic that needs to be taken every 8 hours. I personally took them twice daily and had no side effects.

Herbal Treatment Support

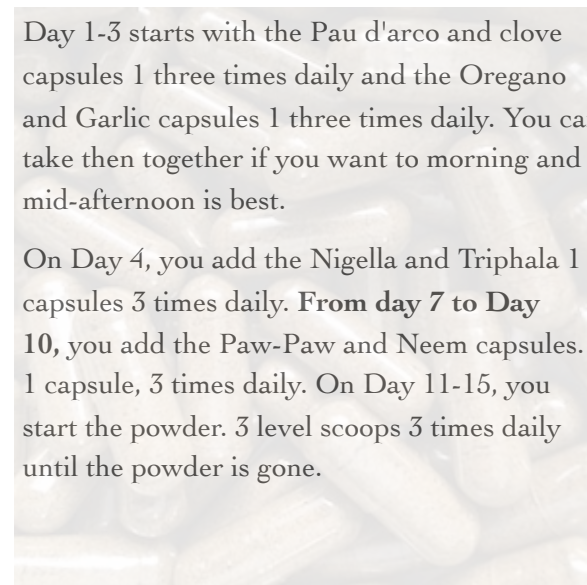
Day 1 Start the capsules, they go from Day 1 to **Day 15**. You then start the Kick-Ass Powder.

Depending on how your gut feels will determine whether you take with food or not and have had a course of antibiotics before this herbal course.

H. Pylori can cause really nasty stomach ache and burning sensations as well as making you feel sick. If you are having psychical discomfort, it may be better to take the herbal capsules with food. The handy chart tells you how many and when to start taking them. This comes with the herbal cleanse.







Day 1-3 starts with the Pau d'arco and clove capsules 1 three times daily and the Oregano and Garlic capsules 1 three times daily. You can take then together if you want to morning and mid-afternoon is best.

On Day 4, you add the Nigella and Triphala 1 capsules 3 times daily. **From day 7 to Day 10**, you add the Paw-Paw and Neem capsules. 1 capsule, 3 times daily. On Day 11-15, you start the powder. 3 level scoops 3 times daily until the powder is gone.



H. PLYORI TREATMENT SUPPORT

HANDY CHART DIRECTION

Days Column	Nigella / Triphala 550mg Approx.	Paw Paw / Neem 470mg Approx.	Pau d'arco/ Cloves 500mg Approx.	Oregano/ Garlic 550mg Approx.	Wormwood 285mg Approx.
Day 1 to day 3			Pau d'arco/ Cloves 1 Capsules 3 Times Daily	Oregano/Garlic 1 Capsules 3 Times Daily	
Day 4 to 6	Nigella / Triphala 1 capsules 3 Times Daily	Paw Paw/Neem 1 Capsule 3 Times Daily			
Day 7to 10	Nigella / Triphala 1 capsules 3 Times Daily	Paw Paw/Neem 1 Capsule 3 Times Daily	Pau d' arco / Cloves 1 Capsules 3 Times Daily	Oregano / Garlic 1 Capsules 3 Times Daily	Wormwood 1 Capsules 3 Times daily
Day 11 to 15	START KICK ASS POWDER	1 Level Scoop3 Times Daily	Powder Morning	Powder Lunchtime	Powder Evening

Part 2 Kick Ass Powder Directions

Use a screw topped shaker or a wide topped jam jar. Add a level scoop of powder to 250 ml of filtered water or unsweetened organic pure coconut water. Drink plenty of water throughout the day. Contact us if you have any questions. Always check herb reaction and interaction if you are taking prescribed medications.



Herbs In This Support Cleanse

Nigella Sativa Seed

Common Name Black Cumin:

Thymoquinone (T. Q.) is the primary active principle of Nigella sativa seed. Nigella seeds have been used for medical purposes for centuries. In Eastern countries, it is regarded as one of the top and most excellent healing medicine. Scientific research has proven the effectiveness of Nigella in combating antibiotic-resistant bacteria. This superb herb also protects the liver, kidneys and digestive system and regulates the immune system's functioning.

Triphala can help inhibit the growth of harmful **bacteria** in the gut, according to some research. It may also support the development of beneficial **bacteria**. A balance of **bacteria** can help improve overall gut **health**. Studies suggest that **Triphala** could help treat irritable bowel syndrome (IBS)

Triphala Is a Sanskrit word that means 'three fruits'. This fantastic herb has many health benefits, one being a natural internal cleanser. The combined fruits that makeup Triphala are:

Amalaki (Embllica officinalis) is an effective antioxidant that help remove harmful toxins from the body.

Triphala Fruits Continued

Bhibitaki (*Terminalia chebula*) serves as an internal cleanser removing harmful toxins, and excess fats from the body.

Haritaki (*Terminalia bellirica*) Aids the healing process of piles, anaemia, gastrointestinal infections, gall stones and diarrhoea.

So you can see just how right this combination of herb fruits are and how important it is to be part of an H. Pylori cleanse.

Paw-Paw Leaf: (Papaya) Paw-Paw is known to alleviate uncomfortable digestive symptoms, such as bloating gas, and heartburn, some symptoms of H. Pylori infection. Papaya contains a papain compound, which breaks down large proteins into smaller, easier-to-digest proteins and amino acids. **Papaya leaf powder** helps improve blood platelets health. Also, it acts as an immunity booster. Papaya powder supports the digestive system.

Neem: **Neem leaf powder** purifies the blood, helps heal free radical damage, flushes out toxins and helps cures ulcers. Neem contains potent anti-fungal and antibacterial properties that help treat worm infestation, burns, and skin disorders and trigger the immune system. Promotes Gut Health.

Neem leaf powder has been used extensively for the treatment of various intestinal disorders. The anti-inflammatory properties of neem leaf powder help aid the healing process of ulcers, promoting good digestion and reducing gut inflammation.

Herbal Support for H. Pylori

Pau D'Arco:

There has not been very many studies or research done about this herb. Still, uses have noted that benefits have been found, including helping with ulcers, stomach inflammation, and various gastrointestinal problems, such as gastritis. Native to the Amazon rainforest, the bark and wood of the Pau D'Arco tree have been used in traditional medicine by indigenous people for centuries. Pau d'Arco contains several active chemicals known as naphthoquinones, two mighty ones are lapachol and beta-lapachone. Laboratory tests have shown that naphthoquinones can kill a variety of bacteria, fungi, viruses and parasites. We use this bark herb for its anti-inflammatory properties.

Cloves: (from the clove tree eugenia caryophyllata). Cloves contain many healing properties, Anti-parasitical, anti-fungal, antiviral and anti-inflammatory properties. Clove also helps remove the pain.

Cloves have been shown to have antimicrobial properties, which means cloves can help stop microorganisms' growth like bacteria. Cloves are used in many different ways. They are considered a herb for treating pain, anti-inflammatory, antiviral, anti-fungal, and antibacterial. Cloves contain a compound called Eugenol, which studies show to inhibit the growth of up to 31 strains of *Helicobacter pylori* and was more successful in treating H. Pylori than antibiotics. In research, *Helicobacter pylori* failed to build up a resistance to cloves. <https://ann-clinmicrob.biomedcentral.com/articles/10.1186/1476-0711-4-20>

Oregano

Oregano: is a robust antibacterial herb. Oregano contains carvacrol and thymol, two antibacterial and anti-fungal compounds. Oregano has shown to be amazingly effective against many strains of bacterial infections. Carvacrol is a potent broad-spectrum fungicidal and bactericidal. Oregano has been proven to be active against antibiotic-resistant strains without any reported side effects.

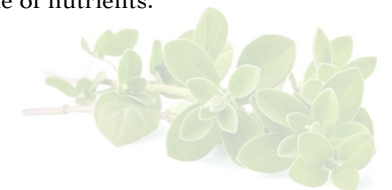
Garlic: Garlic (*Allium sativum*)

For centuries garlic has been recognised as a preventive and treatment against many forms of **bacteria**. **Research** has found that **garlic** can be an effective treatment against many **bacteria**, fungi and viruses. Garlic is a natural antibiotic against **infection and boosts the human immune defence**.

Wormwood (*Artemisia absinthum*)

Wormwood demonstrated potent activity against *Helicobacter pylori*.

Wormwood aids healthy bowel flora whilst killing off dangerous organisms like *Helicobacter Pylori*. It can also help the recovery from long term illness by improving the uptake of nutrients.



Part Two H. Pylori Support Powder 120 g

Ginger Root (*Zingiber officinale*)



Organic Broccoli Sprouts Powder



Cranberry Powder Free Dried



Diatomaceous Earth Food Grade



Green Tea (*Camellia sinensis*)



Organic Stevia Leaf (*Stevia rebaudiana*)

What Doctors Don't Realise

Red Text Not To Be Taken On Antibiotics **Blue Text** Before Or After Antibiotics

When Antibiotics are the Last Resort

Foods You **Should Not Eat** Taking H. Pylori Antibiotics

What Dr's Don't Know Effect H. Pylori Antibiotics

Do not eat any **dairy products, milk butter, yoghurt, and cheese**. **After taking an antibiotic**, you can start eating or drinking any dairy products. Dairy products lower the effectiveness of Triple Therapy. If you can't live without dairy, leave at least 3 to 4 hours after taking the antibiotics and reduce the amount.

Stay off **grapefruit juice and mineral supplements**. For example, calcium as this affects the antibiotics. Stay off all wheat and all processed food. Only eat what grows from the earth. Stay on light meat white fish, lean chicken and low acid fruits, watermelon, apples. Stay off **citrus fruit**. Refrain from drinking **Green Tea** or **Echinacea** tea as they weakened the antibacterial effect of Amoxicillin. **Rose-hip** and **pomegranate blossom** should be avoided as they interact with antibiotics.

Oatmeal has a high fibre content that helps cover and protect the stomach membrane and help relieve ulcers. Porridge for breakfast, quick oats are the best, they are smoother. Add just a few sultanas and a little honey, cook in water and add Almond or coconut milk to cream up.

A company called Australia's own organic, and they make the best Almond and coconut milk. You can purchase oats from [Bulk Food Source](#). When buying oats, make sure they are pure with nothing else added, just 100% oats. If you have a juicer, buy yourself a large **white cabbage** and juice it. Drink 1 glass of **white cabbage juice twice a day** (morning and evening) for 10 continuous days. Cabbage juice will help restore your stomach lining and acts as a sedative, coolant and analgesic. **Drinking rosemary, cinnamon, sage, Ginger or green tea is good for the gut**.

Eat **Manuka Honey**, 1 or 2 spoonfuls twice daily, morning and night. You can make up a tea from the cut, dried root of **Ginger** and dried chopped root of **turmeric** teaspoon of each in a 2 cup plunger. This will soothe the stomach lining and help with indigestion. You can add 1 clove of crushed **garlic** to a spoonful of honey as well. You can purchase Turmeric and Ginger from our herb shop.

Eat fruits and vegetables high in all the essential nutrients such as leafy greens, green vegetables, orange vegetables, **bananas**, apples, and pears. These essential nutrients balance the acidity of the stomach and help with heartburn. Eat fruits and vegetables with a high fibre content because fibre covers and protects the stomach membrane and helps relieve ulcers.

Fruits and vegetables rich in B vitamins such as leafy greens, sprouts, root vegetables, apples, pears, and **papaya**.

Eat avocados because they contain essential fatty acids. Take 1 tablespoon of freshly **ground cumin** 3 times (you can add it to food).

Take 1 teaspoon of freshly ground **Cinnamon Verum / Zeylanicum Powder** twice a day. Only buy certified organic herbs. Essential nutrients such as legumes and spice cumin help prevent flatulence and irritation of the stomach. Nuts, eat walnuts and almonds. These balance the acidity of the stomach and thus alleviate heartburn. Grind up if needed.

Prefer to consume foods high in zinc such as legumes, (with cumin), sprouts, walnuts, seeds especially pumpkin seeds and sunflower seeds and whole grains. Grind if your stomach hurts.

If you don't have a problem with Lectin, you can eat foods rich in B vitamins such as whole grains, (whole rice, oatmeal, quinoa), legumes with cumin (lentils and beans). Add nutritional yeast to cooking. Add flaxseed powder to your meals because they are high in omega3 fatty acid. Keep in the fridge as the oil in the flax goes rancid.

Consume foods that contain other essential fatty acids. Preferably eat olive oil, sesame and raw nuts and seeds, ground and sprinkle on food. Most of what you need you can order from <https://www.thesourcebulkfoods.com.au/>

They are good organic and cheap. Also The [Royal Nut Company](#) is a good stockist of nuts.

Eat foods high in omega3 fatty acid, [sardines](#), [salmon](#), [herring](#), and [tuna](#), only purchase JOHN WEST. **Increase** the consumption of fish and seafood because they are high in zinc.

DO NOT EAT

Canned foods (except John West) and processed foods that preservatives, flavourings and, or food dyes. Really spicy foods herbs and especially chilli pepper.

Coffee, caffeinated beverages, sodas, soft drinks, energy drinks and alcohol. White rice and pastries, and pasta that is made of white flour.

These foods contain carbohydrates, which weaken the immune system and irritate helicobacter.

Confectionery, sweets and foods that have a high glycemic index. Citrus fruits except for lemon and lime. Tomatoes, tomato puree, or tomato sauce. Peppers green red, potato (all nightshades). Table salt, chocolate or cocoa.

Avoid eating before bedtime and lying down after a meal or sitting too long after eating. Eat at 5 pm if possible or have your main meal at lunchtime. Exercise daily if possible; walking for just 10 minutes and back again is a good walk. You need to keep your body moving, which helps your digestive system to work more efficiently.

Healing Herbs Part of the Healing Process

- Mastic Gum Capsules or Powder
- Reflux Herbal Tea Blend
- MSM (Methyl-Sulfonyl-Methane Steamed distilled)
- Helicobacter pylori Herbal Tea Support

You can purchase these from
our [Website](#)

The Importance of being hydrated

We cannot stress the importance of drinking filtered water throughout your cleanse. The minimum quantity is 8 glasses a day to stay hydrated. Plus our H. P. Herbal Tea Blend Tea three times daily.



Nice Ideas for Self Nurturing

1. Exfoliate your skin while you shower or taking a bath. This will help to shed dead cells and raise your energy levels.
2. Have a massage
3. Read a book
4. Relax outside in nature.
5. Do some gardening.
6. Take time for you.
7. Mediate for 10 minutes.
8. Listen to a relaxation CD
9. Let go of outcomes.
10. Watch your favourite film.



Side Effects & Drug Reactions To Herbs

Possible known side effects and drug reaction associated with the ingredients of this bacterial cleanse. We have listed this for your information, however, the amount of herbs that are in our cleanses are unlikely to effect you. Consult your health practitioner before taking any herbs if you are on medication, or unsure

Ginger Root (Zingiber officinale)

Ginger is a safe herb, and severe side effects very rare. Taken in large doses, Ginger may cause mild heartburn, diarrhoea and irritation of the mouth. Some of the mild gastrointestinal side effects, such as belching, heartburn, or stomach upset.

People with gallstones should consult a doctor before taking Ginger. Make sure to tell your doctor if you are taking Ginger and undergo surgery or placed under anaesthesia for any reason.

Freeze Dried Cranberry Powder

Dried Cranberry powder has more benefits and very few [Side effects](#). Serious allergic reaction to this product is rare. May cause diarrhoea if too much is ingested. Allergy reaction is uncommon.

Broccoli Sprout Powder

None known [side effects](#) Broccoli sprout is **LIKELY SAFE** for most adults to eat in amounts commonly found in food.

Diatomaceous Earth

If breathed in, diatomaceous earth can irritate the nose and nasal passages. If a considerable amount is inhaled, people may cough and have shortness of breath. On the skin, it can cause irritation and **dryness**. Diatomaceous earth may also irritate the eyes due to its abrasive nature.

[Further information.](#)

Stevia (Stevia rebaudiana)

Stevia and chemicals contained in stevia, including stevioside and rebaudioside A, are **LIKELY SAFE** when taken by mouth as a sweetener in foods. [More Information](#)

Garlic Powder

When taken by mouth: **Garlic** is **LIKELY SAFE** for most people when taken by mouth appropriately. **Garlic** has been used safely in research for up to 7 years. When taken by mouth, **garlic can cause** bad breath, a burning sensation in the mouth or stomach, heartburn, gas, nausea, vomiting, body odour, and diarrhea, if taken in large doses. [Further information](#)

Herbs - possible side effect and drug reaction

Oregano Leaf

Oregano leaf is **LIKELY SAFE** when taken in the amounts found in food and **POSSIBLY SAFE** when taken by mouth or applied to the skin in medicinal amounts. Mild side effects include stomach upset. Oregano might also cause an allergic reaction in people who have an allergy to plants in the Lamiaceae family.

[Further information](#)

Nigella (Nigella sativa)

Nigella Sativa (NS) seeds have been used for medicinal purposes for centuries both as herbs and its oil. Treatments related to respiratory health, stomach and intestinal health, kidney and liver function, circulatory and immune system support and general well-being

Also know as Black Seed.

[Read more:](#)

Triphala (three fruits)

Research doesn't yet confirm its effects. In Sanskrit, the word *Triphala* translates to "three fruits," and it is just that: a combination of Indian gooseberry (*Emblica officinalis*), black myrobalan (*Terminalia chebula*), and belleric myrobalan (*Terminalia belerica*).

Possible Side Effects. Because Triphala acts as a mild laxative, it may cause **gastrointestinal** side effects, including **gas, stomach upset, cramps, and diarrhea**. Depending on the preparation used, side effects like these may occur with even smaller doses, but again unlikely in the amount in our cleanse.

Paw-Paw (Carica papaya)

The antioxidants and vitamins in papaya help prevent chronic inflammation. The choline content, for instance, helps to strengthen memory pathways, and muscle development. It is also important for cell membrane integrity, nerve impulse transmission.

Interactions: best not to take with blood thinning medications. May lower blood pressure.

[Read Research Paper](#)

[Further information](#)

Wormwood (*Artemisia absinthum*)

Avoid use. Documented abortifacient and emmenagogue effects.

The safety of wormwood is poorly documented despite its long history as a food additive. But dosages in this cleanse are unlikely to cause any Side effects. But best is always best not to take any herbs if try to conceive, pregnant or breastfeeding. If you are trying to conceive leave at least 2 weeks after ingesting wormwood.

[Read Research Paper](#)

Stevia Information and Side effects

<https://www.healthline.com/health/food-nutrition/stevia-side-effects>

Neem

Neem has significant bactericidal activity against *H. pylori*. The extract has several favourable pharmacological properties, including ability to kill non-growing bacteria, increased activity at low pH, and no hemolytic activity.

Information regarding safety and efficacy in pregnancy and lactation is lacking. So best to avoid use.

[Further information](#)

Pau D’Arco

Pau d'arco (*Tabebuia impetiginosa* or *Tabebuia avellanadae*) is an herbal supplement made from the inner **bark** of several species of *Tabebuia* trees that grow in the rainforests of Central and South America. In herbal medicine, the **bark** has long been used to treat a wide range of medical disorders.

[Interaction and Side Effects](#)

[Further information](#)

Cloves

Clove have biological activities, such as antibacterial, anti-fungal, insecticidal and antioxidant properties, and is used traditionally as a savouring agent and antimicrobial material in food. In addition,

Cloves can help protect your stomach from ulcers. Most ulcers are caused by thinning in the layers of mucus that protect your stomach lining. Preliminary studies show that cloves can thicken this mucus, lowering your risk of developing ulcers and helping existing ulcers heal.

[Side effects and Interactions](#)

Helicobacter Pylori - Urea Breath Test C14

Purpose of this test

This test is used for detecting the presence of bacteria called *Helicobacter* which can cause stomach inflammation. It may also be used to check that the bacteria has been eradicated after treatment. This test is safe to use on pregnant women and children.

Day before test

You are to fast for a minimum 4-6 hours prior to the test. However, any prescription medication other than those listed below can be taken with a sip of water. The following medications should NOT be taken prior to the test.

Exclusion Period	Type of Medication	Generic Name	Trade Names
Four Weeks	Antibiotics	All Antibiotics except Vancomycin and Sulphonamides	Bactrim, Septrin, etc.
Four Weeks	Ingredient in antacids, antidiarrheal & GI medication	Bismuth	Denol, Helidac
14 Days	Cytoprotectives	Sucralfate	Carafate, Ulcyte, SCF
7 Days	Proton Pump Inhibitors	Lanzoprole, Rabeprazole, Esomeprazole, Pantoprazole	Zoton, Pariet, Losec, Losec IV, Maxor, Nexium, Somac
During fasting and during Test	Antacids	ALU-tab, Andrews TUMS, Antassa, De Wits antacid powder, Daxal, ENO, Gastrogel, Gaviscon, Gelusil, Medefoam2, Meracote, Mucaine, Mylanta, Rennie, Salvital, Sigma liquid antacid, Titralec	
During fasting and during Test	H2 Antagonists	Cimetidine, Ranitidine, Famotidine, Nizatidine	Cinetimax, Cimehaxal, SBPA-Ranitidine, Magicul, Sigmetadine, Tagamet, WL-Cimetidine, Ranitidine BC Genrx Ranitidine, Rani 2, Hexal Ranitic, SBPA-Ranitidine, Ranihexal, Zantac, Ausran, Ranoxyl Amfamox, Pepcid, Pepcidine Tazac

Note: Confirmatory tests post antibiotic treatment for *Helicobacter Pylori* cannot be done until a minimum of 6-8 weeks following completion of the course.

Collection procedure

1. You will be required to swallow a capsule with approximately 30ml of water.
2. Three minutes later you will be required to swallow a further 30ml of water.
3. You will then wait for 7 minutes, and then be instructed to take a deep breath, hold for approximately 10 seconds, and blow into a balloon until it is firm.

Further Information and Suggested Supplements

Zinc Deficiency

If you have a deficiency and have *Helicobacter pylori* (*H. pylori*) infection, not having enough zinc can produce a more severe inflammatory reaction in your gastric lining. Add a [zinc supplement](#) to your diet.

[High Zinc Foods](#)

Digestive Enzyme Broad Spectrum Healthy Organics

Good Broad spectrum Probiotics Take 2 three times daily

[Mastic Gum Capsules/Powder](#)

Manuka Honey

Private Breath Test

<https://www.i-screen.com.au/tests/helicobacter-pylori-test>

Add the word CLEANSE at check out for 10% Discount.

Helicobacter pylori (*H. pylori*) is a bacteria that infects the stomach and is now known to be a major cause of peptic ulcer disease. One-third of Australians are believed to carry the bug, but many don't realise they have it.

H. Pylori Herbal Tea Blend



H pylori survives and thrives in the stomach releasing chemicals that causes inflammation of the stomach lining that becomes very uncomfortable. This herbal tea blend helps with eradication alongside your treatment plan and also soothe the gut. Contains a blend of Green Tea Meadow Sweet Ginger Root Licorice Root Marshmallow Lemon Myrtle Stevia Honey Bush Calendula Petals, comes with scoop.

H.Pylori Herbal Cleanse Support

You can order from our website. Freshly prepared using certified organic herbs.



Suggested Herbal Colon Cleanse

A selection of certified organic herbs and food grade activated charcoal blended into an effective herbal colon cleanse.

Disclaimer Important Please Read

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 organic and meet the Australian organic standards. If you have any questions please contact 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 breast-feeding

If you have ulcerative colitis, crones disease or any other bowel disorder. (Always check with GP).

1. If you suffer from an irritable bowel **you can still this herbal treatment. Suggest you contact us first if in doubt.**

Not all herbs are suitable for children, seek advise before giving any herbs to someone under 16 years old. Contact us first before purchasing for a child.

All information on uses and properties included in this e-book has been gathered from reputable sources and is purely for educational and informational purposes only. We are unable to provide you with medical advice, personal dosage information Potential drug/herb reactions are listed, but you must do your own research about each herb, especially if you are taking prescribed medication. We are not licensed medical practitioners, pharmacists, or researchers. We are unable to answer your health related questions by way of email, Call us.

The information provided is not presented with the intention of diagnosing any disease or condition or prescribing any herbs as treatment. All the information is offered purely as information only and for use in the maintenance and promotion of good health.

Always consult your medical practitioner or health care practitioner if you have any doubts. Doing our herbal detoxing is the sole decision and responsibility of the user.

No guarantee is expressed or implied regarding the results that may be obtained from doing this cleanse. Herbs used in our cleanses are certified organic, never sprayed and grown in accordance with organic standards.

This Herbal Cleanse is made to order. **By ordering and paying for our herbs you are giving your consent for us to encapsulate part 1 and mix the specific herbs for part 2.** Each order is made up individually from the finest organic herbs and spices. If you have any questions and would like to email us you can do so through our website. If you are not completely happy with these cleanses, please get in touch with the clinic and we will do all we can to help you. [Contact Us](#)

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[Organic Herbal Colon Cleanse](#)

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