



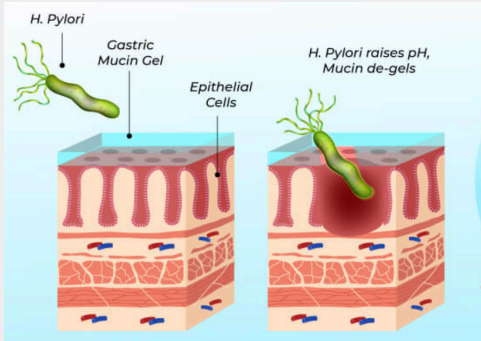
# NUTRITION PROTOCOL: H. PYLORI

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# H. PYLORI

## What is it?

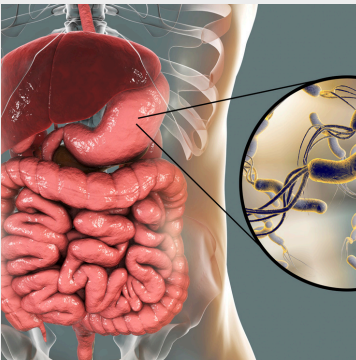


H. pylori (*Helicobacter pylori*) is a type of bacteria that infects the stomach lining. It's a common cause of peptic ulcers and can lead to gastritis (inflammation of the stomach lining). The bacteria weaken the protective mucus lining of the stomach, making it more susceptible to acid damage. It's typically transmitted through contaminated food, water, or close contact. Many people with H. pylori don't show symptoms, but when symptoms occur, they can include stomach pain, nausea, bloating, and indigestion.



## What are the most common symptoms?

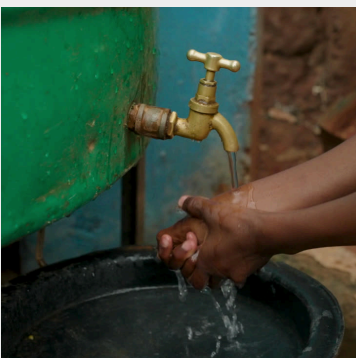
- Bloating
- Nausea
- Dull stomach pain or burning stomach pain, especially on an empty stomach.
- Unexplained weight loss
- Belching and acid reflux
- Vomiting
- Poor appetite
- Constant bad breath
- Hypochloridria
- Anemia
- Irritable bowel syndrome (IBS)



## How common is it?

H. pylori is very common, affecting approximately 50% of the global population. However, the infection rate varies significantly depending on geographic location, age, and socioeconomic factors.

H. pylori is widespread globally, particularly in areas with lower socioeconomic conditions, poor hygiene, and limited access to clean water. Early childhood exposure in crowded settings is a key factor for acquiring the infection.



# NUTRITION



## Dietary Recommendations:

### 1. **Anti-inflammatory, Gut-soothing Foods:**

- Bone broth: Rich in gelatin and collagen, which help soothe and repair the gut lining.
- Steamed vegetables: Carrots, sweet potatoes, zucchini—easy to digest and anti-inflammatory.
- Healthy fats: Avocados, olive oil, coconut oil help reduce inflammation.
- Fermented foods (after antibiotic course): Sauerkraut, kimchi, and kefir to restore beneficial gut bacteria and aid digestion (ensure these are introduced gradually to prevent further discomfort).

### 2. **Low-acid, Healing Foods:**

- Cabbage juice: Contains glutamine, which helps heal the stomach lining. Some evidence shows it can help with peptic ulcers.
- Aloe vera juice: Known for its soothing properties on the gastrointestinal lining.
- Manuka honey: Demonstrated antibacterial activity against *H. pylori* in studies.

### 3. **Lean protein:**

- Focus on easily digestible proteins like fish and poultry. Avoid red meat or fried foods, which may irritate the stomach.

### 4. **Anti-*H. pylori* Foods:**

- Broccoli sprouts: Rich in sulforaphane, which can have antimicrobial effects and help eliminate *H. pylori*.
- Garlic: Contains allicin, which has been shown to have antibacterial properties effective against *H. pylori*.
- Green tea: Some studies suggest that catechins in green tea can help inhibit *H. pylori*.

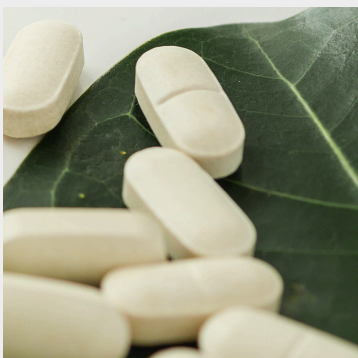
### 5. **Avoid:**

- Spicy, acidic, fried, and fried fatty foods that may aggravate the stomach lining.
- Alcohol, caffeine, and highly processed foods, which can exacerbate symptoms.
- ***With reflux/burping ensure no food in stomach 3-4 hours before bed!***



# NUTRIENT RECOMMENDATIONS

## Supportive Supplement's



- **Probiotics:**

- Lactobacillus reuteri and Saccharomyces boulardii: These strains are particularly effective in maintaining gut balance during antibiotic treatment and may reduce H. pylori-related gastric inflammation.
- Dosage: Look for a high-quality multi-strain probiotic, at least 10-20 billion CFUs daily, starting a few hours after antibiotics (to reduce interaction). Continue for at least 4 weeks after the antibiotic course.

- **Zinc-Carnosine:**

- A specific form of zinc shown to protect the stomach lining and promote healing of gastric ulcers.
- Helps to prevent/treat intestinal hyperpermeability
- Dosage: 75 mg twice daily, ideally away from meals and other supplement OR as a combo with L Glutamine (ie Gastromend/GI Revive)

- **Mastic Gum:**

- A natural resin that has shown to inhibit H. pylori growth and may improve gastric health.
- Dosage: 1,000 mg daily.

- **DGL (Deglycyrrhizinated Licorice):**

- Protects the stomach lining and soothes inflammation, which can help with antibiotic-induced irritation.
- Dosage: 380 mg before meals.

- **Vitamin C:**

- Supports immune function and may reduce antibiotic resistance in H. pylori treatment.
- Dosage: 500 mg twice daily, buffered form to be gentler on the stomach.

- **Omega-3 Fatty Acids:**

- To help reduce inflammation and support gut healing.
- Dosage: 1,000-2,000 mg of EPA/DHA daily.

- **L-glutamine:**

- An amino acid that can help repair the gut lining and soothe inflammation.
- Dosage: 5-10 g daily on an empty stomach.

