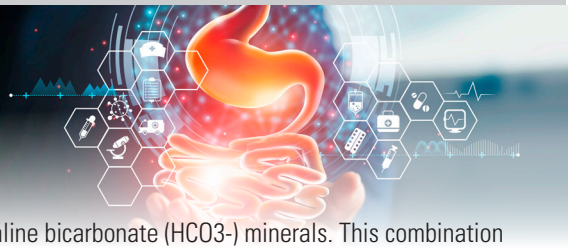
Gastritis and H. pylori



Improve stomach and gut mucosal health with demulcent and anti-inflammatory herbs and alkaline bicarbonate (HCO3-) minerals. This combination works to decrease inflammation, protect stomach mucosa, and improve symptoms of functional dyspepsia including indigestion, gas, belching, and bloating. The anti-bacterial and anti-ulcer herbs in GastroEase also provide support in cases of gastritis and H. pylori.

Remedy	Phase/Dose	Monday to Sunday
GastroEase	2 capsules	three times a day away from food/medication
Basictab or	2 tablets	twice daily with warm water on an empty stomach
Pleo Alkala N Powder	1/2 scoop	twice daily with warm water on an empty stomach

GastroEase

Recommended dosage (adult): 2 capsules three times daily. Take away from food and medication (1 hour before or 2 hours after meals/medication). Consult a healthcare professional for use beyond 2 weeks.

GastroEase contains traditional herbs and demulcents to strengthen and protect the stomach mucosa and gastrointestinal tract. The herbs work to reduce inflammation and soothe irritated and inflamed mucous membranes in cases of gastritis, burning sensation in the stomach, gastric or duodenal ulcers, and functional dyspepsia (indigestion, gas, belching, bloating).

GastroEase is specifically designed to aid in cases of gastritis and *H. pylori* induced peptic ulcer disease.

The herbs in GastroEase are traditionally used in herbal medicine for:

- **Fennel seed** – digestive disturbances, mild spasmodic GI complaints, bloating, flatulence[1]
- **Mastic Gum** – functional dyspeptic disorders, anti-ulcer, anti-inflammatory, symptoms associated with gastric or peptic or duodenal ulcers, protect peptic mucosa, anti-bacterial, *Helicobacter pylori*.[2,3,4,5,6,7,8]
- **Deglycyrrhizinated licorice** – demulcent, anti-inflammatory, gastritis, inflammation of the GI tract, abdominal pain and burning sensation in the stomach, gastric and duodenal ulcer.[9,10,11]
- **Marshmallow root** – demulcent, gastritis, inflammation of the gastrointestinal mucosa.[9,12,14,15]
- **German chamomille** – inflammatory conditions of the gastrointestinal tract, digestive upset including dyspepsia, flatulence, bloating, belching[9,10,12,13]

Key Features: Gastrointestinal mucosa, gastritis, anti-inflammatory, indigestion, functional dyspepsia (gas, belching, bloating), anti-bacterial, *H. pylori* infection.

Basictab or Pleo Alkala N Powder

Recommended dosage (adult): 2 tablets (Basictab) or ½ scoop (Pleo Alkala) twice daily. Take with warm water on an empty stomach. Use for three to six months.

Basictab and Pleo Alkala N Powder are alkaline supplements containing essential alkaline mineral salts, including sodium bicarbonate and potassium bicarbonate, for acid-base (pH) balance.

Inflammation of the stomach (gastritis) affects the integrity of the stomach mucosal lining, leading to symptoms of indigestion and dyspepsia (gas, belching, bloating) or more serious conditions including gastric ulcers and H. pylori infections.[16] When the integrity of the gastric mucosa is damaged, interstitial bicarbonate (HCO3-) flows into the gastric lumen for mucosal repair. When there are low levels of systemic and intramucosal bicarbonate (HCO3-) and high levels of intracellular acidosis in the gastric lumen, the gastric mucosa becomes susceptible to ulceration.[17,18] An overall depletion of bicarbonate (HCO3-) reserves in the body results in the accumulation of acid, otherwise known as metabolic acidosis. The human body has buffering systems to prevent acid accumulation, however over time an acidogenic (acidic) diet that is high in animal protein and low in alkaline fruits and vegetables can slowly deplete the buffering system.[19,20,21]

Alkaline therapy with NaHCO3 (sodium bicarbonate) supplementation increases serum bicarbonate levels in the blood and replenishes bicarbonate (HCO3-) reserves. Recommendations to reverse metabolic acidosis, increase systemic bicarbonate (HCO3-) levels, and restore normal pH levels include alkaline supplementation therapy, a diet high in alkaline foods, and a reduced protein diet.[19,22,23,24]

Key Features: Alkaline salts, bicarbonate buffers, sodium and potassium bicarb, diet induced acidosis, metabolic acidosis, acid-base balance.

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