

Ulcers



Stomach ulcers, also known as gastric ulcers, are open sores that develop on the lining of the stomach. Ulcers can also occur in part of the intestine just beyond the stomach – these are known as duodenal ulcers.

Both stomach and duodenal ulcers are sometimes referred to as peptic ulcers. Here the term “stomach ulcer” will be used to mean all these types of ulcers. Some people are more prone to having ulcers than others. Ulcers are either caused by anti-inflammatory drugs such as aspirin or ibuprofen, by smoking, by taking too much alcohol or a by bacterial infection

Signs and symptoms

The most common symptom of a stomach ulcer is a burning or gnawing pain in the centre of the abdomen (tummy). It may be relieved by eating, or it may be made worse by eating! However, stomach ulcers aren't always painful and some people may experience other symptoms, such as indigestion, heartburn and/or feeling sick. Sometimes a person will only know they have a stomach ulcer when a complication develops such as internal bleeding.

The pain caused by a stomach ulcer can travel out from the middle of your stomach up to your neck, down to your belly button, or through to your back. It can last from a few minutes to a few hours and often starts within a few hours of eating. You may also wake up in pain during the night.

Taking medicine for indigestion may relieve the pain temporarily, but it will keep coming back if the ulcer isn't treated.

Less common symptoms of a stomach ulcer can include indigestion, heartburn, loss of appetite, feeling and being sick and weight loss. Some people also find they burp or become bloated after eating fatty foods.

Treatment

Aloe vera gel. Just as aloe heals wounds and grazes on the skin, it has the same effect on internal membranes. Take one and a half tablespoons of aloe gel, with warm water if preferred, once a day, preferably on an empty stomach, for 14 days.

Honey and ginger. Separately, or even better together. Make ginger tea from fresh ginger root, allow it to cool and stir in honey. Delicious and effective! Ginger contains eleven compounds that help to heal ulcers. Honey also has antibacterial properties which are helpful.

Anti-ulcer fruit cocktail: Cut banana and pineapple into small pieces, season with cinnamon and ginger and sweeten with honey. Delicious! All these ingredients help protect against ulcers.

Garlic and *Artemisia annua* are both natural anti-biotics helping to kill the infection that can cause ulcers. Crush cloves of garlic and mix into your food as often as possible. *Artemisia* is best taken as tea.

Fresh cabbage, cauliflower and broccoli, and especially **cabbage juice,** have many helpful compounds to reduce ulcers. They should be eaten every day.

Disclaimer: Discover has compiled this information with the best possible interests of African people at heart. Discover cannot be held responsible for any negative consequence of following the procedures described in this paper.