Case History – *H pylori* and *Blastocystis hominis* infections cause 70 YEARS of symptoms and suffering that we are able to clear in just four months!

Note that you can read Maggie’s testimonial at [www.H-Pylori-Symptoms.com/testimonials](http://www.H-Pylori-Symptoms.com/testimonials)

Maggie, aged 75 and from South West England, first called me on Saturday night at around 11.30pm. I did not take the call as I was asleep, but I did listen to Maggie’s voicemail on Sunday morning. Here was a lovely lady who sounded desperate and frightened...

I called Maggie first thing on Monday morning and reassured her that help was at hand. She explained to me that she had been experiencing digestive symptoms such as pain, bloating, wind and diarrhoea since she was a small child, seventy years ago. Recently, however, the symptoms had become much worse. Maggie was eventually diagnosed as having *H pylori* by her doctor shortly before Christmas 2009.

She was given FOUR consecutive courses of antibiotics, which I felt was a ridiculous regimen given her circumstances. The medications had not resolved any of her symptoms and had actually made her situation considerably worse, to the point where she had very severe diarrhoea and felt completely drained and exhausted, with very little appetite. She was on the verge of giving up but I was able to convince Maggie to run a Metametrix GI Effects test because I felt sure that we would uncover the root cause of her symptoms.

**Digestive Symptoms**

I’ve specialised in helping people overcome digestive complaints for more than three years now and in my experience the symptoms are most commonly caused by food intolerances and digestive infections. They are labelled “IBS” in the medical world, which is a completely inaccurate diagnosis.

Research clearly shows that reactions to foods like soy, sugar, cow’s dairy and gluten can cause IBS and yet they are rarely mentioned in doctor’s clinics. There is also overwhelming evidence that digestive infections also cause digestive symptoms.

Unfortunately, doctors do not tend to test for hidden infections unless patients are experiencing persistent vomiting or severe diarrhoea. Even when tests are performed, they are often lack the accuracy and sensitivity to miss the “bugs” and patients are told there is nothing there and that they will simply have to live with their symptoms for the rest of their lives.

I felt very confident that the GI Effects test would reveal the cause of Maggie’s symptoms and so we proceeded with her testing.

**Initial Test Results – Samples Reported 12th May, 2010**
The findings of Maggie’s test were very interesting and I knew right away that I was going be able to help her improve her health significantly.

Maggie’s results (below) indicated that her digestive system was home to FOUR different unwanted bugs:

- *Helicobacter pylori*
- *Blastocystis hominis*
- *Endolimax nana*
- Yeast/Fungal overgrowth

The fact that *H pylori* bacteria were still present was very interesting because Maggie had received four treatments with Triple Therapy antibiotics. Clearly the treatments had not worked. This is a very common scenario. Many doctors are led to believe that medical treatments for *H pylori* are highly effective, but I have read tens of studies where the cure rate of medical treatments is only 50-70%. In fact, many leading *H pylori* specialists such as Dr. David Graham, MD, have now concluded that Triple Therapy has a success rate that is too low for it to be considered effective frontline therapy.

I was sure that the *H pylori* infection was still contributing to Maggie’s symptoms, but I also knew that the other bugs we had found were also likely to be contributing to the problem.

*Blastocystis hominis* is a parasite that has been strongly associated with symptoms such as IBS (especially bloating and diarrhoea) depression, chronic fatigue and even arthritis. It is a microscopic parasite that lives in the small intestine. I personally had *Blastocystis* as well as *H pylori* and so I have firsthand experience of the symptoms it can cause. My own symptoms included fatigue, loose stools and abdominal cramping, all of which disappeared when I ran a 60-day herbal eradication protocol.

It is my experience that *H pylori* and *Blastocystis* are often found together. This is one of the reasons why some people do not experience any improvements in their symptoms even if they successfully eradicate *H pylori*.

One of the reasons the Metametrix GI Effects test is so effective is that it is able to identify so many different digestive infections in just a single specimen. This makes is superior to conventional
medical testing for *H pylori*, because the tests only look for *H pylori* and will never find these other digestive infections.

*Endolimax nana* is another microscopic parasite: it is, in fact, an amoeba. Unfortunately it has not received much attention by researchers and is not generally recognised as a human pathogen. However my own clinical experience as well as that of many of my colleagues suggests that it can contribute to digestive symptoms and arthritis.

Finally, Maggie’s test result revealed that she had a light overgrowth of yeast and fungal organisms that had probably been caused by taking so many antibiotics for her *H pylori* infection. Maggie’s +1 overgrowth indicated that she did not have severe overgrowth but this can often be misleading. If a person is very sensitive to toxins produced by yeast and fungal overgrowth, even a very light overgrowth or small imbalance can cause significant symptoms.

**It’s A Good Day When Digestive Infections Are Found!**

I always explain to my clients that it’s actually a GOOD day when we find that they have digestive infections because we finally know why they are not feeling well and exactly what we need to do in order to improve the situation.

I was convinced that the results went a long way to explaining why Maggie had been feeling unwell for such a long period of time. It was not clear exactly which “bug” was causing the most problems so I explained that it would be beneficial to work on removing all the unwanted invaders from Maggie’s digestive system.

**Phase One – First 30-Days**

Because Maggie had experienced a lot of discomfort and worsening of her symptoms by taking antibiotics for *H pylori*, she informed me that she was not willing to take them again and would prefer to use a natural programme to address the problem, so we agreed to run a 30-day protocol using natural products that have been scientifically and clinically shown to inhibit *H pylori*. I recommended three highly effective products:

- Matula Herbal Formula
- Gastromend-HP
- Allicillin

Details of exactly how to use these products can be found in *The H Pylori Diet e-book* at www.H-Pylori-Symptoms.com/h-pylori-diet

I also recommended that Maggie stop consuming foods containing gluten and cow’s milk. Remarkably, *her diarrhoea stopped as soon as she made these dietary adjustments*. It never ceases to amaze me how these simple dietary changes can bring such dramatic improvements and I highly recommend that you read my *H Pylori Diet* e-book for details on how to incorporate the changes in to your own lives.

**30-Days Later**

We ran a follow-up consultation after the 30-day Stomach Cleanse protocol and Maggie reported that she was feeling much better. She mentioned that in addition to her dietary changes, she felt that the Matula Herbal Formula had made a big difference.
Despite her improvements, Maggie was still experiencing some discomfort. I advised that the likely reason for this would be the *Blastocystis* & *Endolimax* and we began a protocol to work against this parasites, as well as Maggie’s yeast and fungal overgrowth.

**Days 31-90**

I’ve had great success in clearing the *Blastocystis* and *Endolimax* parasites using a specific herbal protocol that incorporates broad-spectrum anti-parasitic herbs in addition to the sugar, gluten, dairy and soy-free diet. Specifically, I use *GI Microb-X* and *Oil of Oregano* from a wonderful company called Designs For Health. I do use other products from time to time, depending on the case, but these two products are my mainstays.

**Our Next Consultation**

Maggie emailed me enthusiastically to inform me that nearly all her symptoms had cleared. I suggested that we ought to run a consultation to discuss our next step. I was amazed that Maggie sounded like a completely new person when we spoke, compared with the woman who first contacted me four months previously! Her voice was loud and clear and she sounded fit, healthy and raring to go!

I recommend that we should definitely run a re-test using the GI Effects profile to make absolutely sure that her *H pylori*, *Blastocystis* and *Endolimax* had been eradicated. Maggie agreed and we are currently awaiting her results.

I also recommended that it would be a good idea to run a urine test – known as an Organix test – to check whether Maggie had developed any nutritional deficiencies as a result of her seven decades of digestive problems. The Organix test is a wonderful tool that I use with many of my clients to assess their nutritional status, stress levels, inflammation, cellular energy production and neurotransmitter balance. The reason we do this is to make sure that we replace missing nutrients in order to optimise immune function and prevent the bacteria and parasites getting back into the digestive system.

**Retest Results**

Maggie is currently running her re-test (time of writing: October 27th, 2010). I’ll add this section of the report once the results are in!

**Summary & Learning Points**

Maggie’s case is a classic example of how extreme improvements in health can be accomplished, even when symptoms for many years or even several decades. It is a warming and inspiring story and I hope it encourages you to take action and break free from your symptoms.

It also highlights two areas that are of great concern for me. First, this lady had experienced symptoms for seventy years without ever being tested or correctly diagnosed. Second, she had been prescribed four courses of strong antibiotics in a very short space of time, despite the fact that her situation had been getting progressively worse after each course.

We lay no blame on anyone for these situations but it is our mission to educate and inspire you to break free from the belief that your doctor always has the knowledge required to resolve these situations. Unfortunately doctors do not receive specific training in parasitology and many do not realise that Triple Therapy antibiotics do not always eradicate *H pylori*.
Optimise Your Health Too!

If you would like to work with me or one of my practitioners to overcome your health challenges, please do not hesitate to contact us, or check out any of the resources below:

- Email: Office@HPExperts.com
- Phone: 0800 310 21 21 (UK); Phone +44 7856 269 750 (International)
- Free 15min Phone Consultation Application www.H-Pylori-Symptoms.com/consultation