The **H. Pylori** Diet

A program to help you quickly rid yourself of:

- Heartburn & Acid Reflux
- Constipation & Diarrhoea
- Nausea & Vomiting
- Abdominal Pain & Bloating
- Bad Breath, Belching and Excess Gas
- Depression & Anxiety

...and the many other chronic symptoms caused by *H. pylori* infection

**David Hompes**
M.Sc., B.Sc., HLC, CMTA II
Health and Personal Care Disclaimer

The content of this report is for reference purposes only. It is not intended to substitute for advice given by a physician, pharmacist or other licensed health care professional. You should not use the information herein as self-diagnosis or for treating health conditions or disease. If you suspect that you have a medical problem, contact your health-care provider immediately. Information and statements regarding supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Copyright Notice

© 2007 and 2009 David Hompes
All rights reserved.

All contents contained in “Your Guide to H. pylori” are protected under copyright, © 2007.

All literary work contained within the “Your Guide to H. pylori” belongs to and is the sole property of its respective publisher and can only be reprinted with written permission.

Reproduction, copying or any other form of use of any part of this book is strictly forbidden without the written permission of the author himself. If plagiarism is discovered the offenders will be prosecuted to the full extent of the law. These rules have been established to protect the rights and ownership of the publisher.

If you feel that someone else could benefit from a copy of this book, please ask them to visit www.h-pylori-symptoms.com to get their own copy.

Legal Notices and Disclaimer

We would dearly like to promise that every reader of “Your Guide to H. pylori” will find optimal health. However such a promise is simply not possible. There are far too many variables at play in each individual’s genetic make-up and lifestyle that may be contributing to feelings of ill health.

I cannot guarantee that you will follow the advice presented herein and any practical omission of this advice may affect your ability to achieve your goal of individualised ‘good health’.

THE FOLLOWING TERMS AND CONDITIONS APPLY:

While all attempts have been made to verify information provided as being current, factual and applicable, neither the author, nor any ancillary party, assumes any responsibility for errors, omissions or contradictory interpretation of the subject matter contained herein. Any perceived slights of specific people or organisations are unintentional.

To the fullest extent permitted by any applicable laws, in no event shall I, www.h-pylori-symptoms.com, our distributors, agents and suppliers, be liable for any damages of any kind or character, including without any limitation any compensatory, incidental, direct, indirect, punitive, or consequential damages, loss of use, loss of profit, loss of or damage to property or health, claims from third parties, or other losses of any kind or character, even if I, or www.h-pylori-symptoms.com, have been advised of such damages or losses, arising out of or in connection with the use of this E-book, www.h-pylori-symptoms.com, or, for that matter, any other website or person with which it is linked.
Table of Contents

1. About The Author .................................................................................................5
2. Introduction ...........................................................................................................6
3. How To Use This Resource ...................................................................................8

Part One – Busting Myths About H Pylori

5. Does Everyone Have H Pylori? .......................................................................11
7. Can Stress Cause H Pylori Infection? ............................................................ 12
10. Can I Pass It To My Children & Loved Ones? ............................................. 17
    i. Digestive Symptoms
    ii. Acute Symptoms
    iii. Chronic Symptoms
12. Is H Pylori The Same As IBS? ...................................................................... 20
13. H Pylori, Fatigue, Mood & Sleep .................................................................. 20
14. H Pylori & Skin Disease .................................................................................22
15. Will H Pylori Cause Stomach Ulcers? ........................................................... 22
17. Does H Pylori Cause Stomach Cancer? ......................................................... 23
18. Can H Pylori Cause Heart Disease ............................................................... 24
20. What Is The Best Test For H Pylori? ............................................................... 25
21. Where Can I Get The Best & Cheapest Test For H pylori? ......................... 26
22. Should My Loved Ones & Family Be Tested? ............................................... 26
23. Why Does My Doctor Not Tell Me This Information? ............................... 27
25. What Is The Best Medical Treatment? ......................................................... 28
26. Will The Drugs Work? .................................................................................. 30
27. What Are The Side-Effects Of Treatment? .................................................... 31
28. H Pylori & Candida Overgrowth .................................................................. 32
29. What Is The Best Alternative/Natural Treatment? ...................................... 33
Part Two - The *H Pylori* Solution

(Including the *H Pylori* Diet)

30. Introduction To The Program ................................................................. 35
31. The *H Pylori* Diet ............................................................................. 46
32. Which Foods Should I Avoid? ............................................................ 48
33. Which Foods Can I Eat? ..................................................................... 63
34. Meal & Planning Ideas ....................................................................... 65
35. Shopping Tips .................................................................................... 67
36. Tips For People With A Busy Lifestyle ............................................. 69
37. Healthy Recipe Ideas ...................................................................... 73
38. Which Supermarket Foods Can Inhibit Or Kill *H Pylori*? ................. 79
39. How To Control Your Blood Sugar ................................................... 82
40. How To Improve Your Digestion ........................................................ 83
41. How To Eat More Raw Foods Using Juicing ...................................... 85
42. How To Stay Well Hydrated ............................................................... 89
43. The Stomach Cleanse ..................................................................... 93
44. What Are The Very Best Natural Herbs & Supplements? ................. 94
45. Best Products & How/When To Take Them ..................................... 99
46. How & Where To Buy The Products .................................................. 100
47. Can The Stomach Cleanse Be Used Alongside Antibiotics? ............... 100
49. *Candida* Cleanse & Probiotics .................................................. 102
50. Can The Stomach Cleanse Be Used With Children? ....................... 102
51. How Will I Know *H Pylori* Has Gone? .......................................... 103
52. What Is The Best Test To Check *H Pylori* Has Gone? .................... 103
53. Can *H Pylori* Come Back? .............................................................. 104
54. How Can I Stop *H Pylori* Coming Back? ....................................... 104
55. What Can I Do If *H Pylori* Has Gone But I Still Have Symptoms? .. 105
56. Other Digestive Infections (e.g. Parasites) ....................................... 106
57. Product Cost Comparison ............................................................... 109
58. Resources & References ................................................................. 110
Dave Hompes is a Functional Medicine and Clinical Nutrition practitioner based in London, UK. He is regarded as one of the world’s leading experts on *H pylori*. Dave has traveled widely in order to learn his skills from some of the most prominent and successful practitioners in the world.

Having suffered with and overcome *H. pylori* and *Blastocystis hominis* infections without medical intervention, he spent more than a year researching *H pylori* so that he could help others overcome the infection and its debilitating symptoms quickly and effectively and has specialized in helping people overcome *H pylori* using natural methods since 2007.

Dave works out of a clinic in London, UK and maintains an active phone consultation practice, designing nutritional programs and providing coaching & counseling to improve clients' health through diet and lifestyle modifications. Dave has worked with clients in the UK & Ireland, US and Canada, Holland, Germany, South Africa, the Middle East, Singapore, Australia and New Zealand.

Dave is also a successful author, having written and contributed to several books and publications, including Men's Health Magazine. He also has a regular slot on BBC Radio.

**Dave’s Message**

“Having suffered with *H pylori* and *Blastocystis*, I know first-hand how the symptoms caused be these infections can leave you in pain, drain your energy, affect your mood and leave you worried about longer-term consequences such as stomach ulcers and cancer.

It is my experience that some doctors understand the *H pylori* problem relatively well whereas others really do not have the necessary knowledge, skills and experience of the problem to help patients overcome their symptoms. This is particularly the case when conventional antibiotics do not bring relief.

I wrote this guide, which is now in its third edition, so that you can understand the *H pylori* problem in greater detail and utilize the same principles that I used to overcome my *H pylori* infection quickly and without side effects. It is my hope that you find the information in the following pages helpful and that you are able to overcome your health challenges, as I did, relatively quickly and inexpensively”.

Wishing you perfect health…”

© 2007, 2009, 2010 Health For The People Ltd, 15 Queen Square, Leeds, LS2 8AJ. Registered in England & Wales, No. 06955670
In 2004 I was lying in my bed while on holiday in Egypt when my symptoms began. I had horrendous chest pain and “heartburn”. It literally felt like there was a raging inferno inside my stomach, chest and throat. I had experienced reflux and indigestion before, but these symptoms were a hundred times worse. I felt nauseous, was sweating profusely and felt very sick. It was impossible to sleep and eventually - and to my relief – I ended up in the toilet vomiting for two to three hours.

Although I felt better after I had been sick, I felt nauseous, weak and generally unwell for the next three or four days. The digestive pain gradually moved down through my digestive system and I ended up having diarrhea and loose stools for around two weeks. In fact, when I look back, I did not make a full recovery for several weeks after I returned to the UK. I had a persistent feeling of fatigue and malaise, along with a white/yellow coated tongue that indicated yeast or fungal overgrowth. Clearly my immune system had been challenged significantly by whichever ‘bug’ had decided to take up residence in my digestive system.

I ran a stool antigen test in 2007 as part of my Functional Medicine training internship with Dr. Dan Kalish, a functional medicine practitioner in California with some fifteen years experience in treating H pylori and other gut infections. We had been discussing the role of hidden digestive infections on people’s health and as a class we were expected to run these tests to determine whether we had these infections ourselves. Lo and behold, my test came back positive for H. pylori. We discussed H. pylori in detail during the class and the symptoms I had suffered in Egypt matched those that are typically caused by H. pylori. “Wow”, I thought “If only I’d known about this back in 2004!”

A prerequisite for successfully overcoming digestive infections on a long-term basis, said Dr. Kalish, is to eat an anti-inflammatory diet so that the lining of the digestive system becomes less inflamed. With an inflamed digestive system, he explained, it is very hard to completely eliminate the infection, even when doctors prescribe the most powerful antibiotics.

Because I was already eating very healthily, I was able begin using natural supplements to kill the H pylori immediately. I used mastic gum – a supplement that many people try when they have H. pylori as well as a supplement containing bismuth salts and berberine. To my surprise, these supplements made things worse. I actually developed severe, chronic heartburn and reflux symptoms. It was as though I had angered the H pylori bacteria by trying to kill them!

The fact that the mastic and bismuth had not worked for me was a blessing in disguise because it was at this point that I decided to begin my own research into H pylori to see whether I could uncover any alternative solutions. I expected my research to last just a few days, but I ended up reading several thousand studies as well as numerous books on the subject. During the research I realized that there really wasn’t a single point of reference containing concise, accurate and unbiased information on the Internet or on the bookshelves to help people fully understand the H pylori problem.
Here are just some of the shortcomings I pinpointed:

- There are literally thousands of studies on *H pylori*. In fact, there is an entire medical journal dedicated to the topic. It is simply called *Helicobacter*. You can visit [www.helicobacter.org](http://www.helicobacter.org) and review the vast amount of research conducted by this group. There is an enormous amount of information contained in their journals but studies often report vastly different outcomes, which makes it hard to know what is accurate and what is not.

- For example some studies show that the conventional Triple Therapy antibiotics that are used to kill *H pylori* are only around 50% effective, whereas others may say 70% or 80%. It is not uncommon for people to contact me having tried several different rounds of antibiotics, only to still have active *H pylori* infections when they are re-tested. Unfortunately, doctors do not seem to know what to do if these approaches fail.

- The success of conventional medical therapies seems to vary depending on geographical areas concerned. For example, a certain approach may work well in Japan, but not in South America. Likewise, certain drug combinations work well for some people, but cause horrendous side effects in others.

- In a 2007 report from the medical journal *Helicobacter*, experts in the medical field admitted that new and improved regimens for combating *H pylori* are required. The problem is that many doctors are not aware of what these alternatives are.

- Side effects caused by medications that are used to treat *H pylori* can be extremely debilitating, may worsen symptoms and create additional problems. It is well known that antibiotics can deplete the friendly bacteria in the digestive tract, which is a risk factor for many health conditions, including colon cancer.

- Natural alternatives to eradicate *H pylori* are available and may be safer and more effective than medical approaches, but many Internet retailers are selling products based on spurious and incomplete research data. Experientially, these products tend to give mixed results and often result in a lot of wasted money on the part of the patient or customer. Problems arise because people do not know how long to use the products, how much of each product they should take, or which companies manufacture the best quality products.

In light of these inadequacies, it became my goal to provide for you a resource that summarizes my research findings so that you are able to safely negotiate the information and reach an effective solution immediately. My clinical experience and that of my peers indicates that *H pylori* can be eradicated permanently if you are willing to take control of your own health and adopt better lifestyle habits in conjunction with the use of targeted natural supplement programs.

In Part two of *Overcoming H pylori Naturally*, I have included a comprehensive diet and lifestyle guide as well as the supplement program that I used to successfully eradicate my own *H pylori* infection. I have used this program with more than five hundred of my
clients and am able to boast a 100% success rate in eradicating the *H pylori* infection so far.

**HOW TO USE THIS RESOURCE**

Part one of this book has been written to help you understand the key issues around *H pylori* such as what it is, how it is transmitted from person to person, how to test for it and the symptoms it causes. I have laid out the information to answer the common questions that land in my Inbox on a daily basis in a way that will help you understand the problem at the appropriate level. To this end, I have only included the information that you need to know and have omitted complex technical detail.

I have included a great deal of information that your doctor will almost certainly not be aware of. Much of this information is critical if you are to make a full recovery from your infection and do not wish to pass the infection to your loved ones. It is not your doctor’s fault if he or she does not understand *H pylori* in this amount of depth because doctors are there to help you with a wide range of health challenges rather than to specialise in one particular area. Research has indicated that doctors simply do not have time to read medical journals or research these specific topics in detail.

I feel that if you are to overcome *H pylori* successfully and keep it away, it is important that you understand why it is there in the first place, how it got there and why it is making you feel ill. Once you have this information, it makes it easier to overcome the problem.

Part Two of the book contains *The H Pylori Diet* and *Stomach Cleanse* that I’ve obtained a . This programme contains a comprehensive list of foods that you need to avoid in order to help you reduce inflammation in your digestive system, foods that commonly cause hidden allergies that can worsen your symptoms and foods that will help your system heal.

I also review the foods, herbs and supplements that are advertised on the Internet and in health food shops as being effective against *H pylori*. Needless to say, claims that some of these foods and herbs are miracle cures are highly exaggerated and so I teach you which ones work and which to avoid.

Finally, I teach you the supplement protocols that I have used so successfully to help my clients overcome their *H pylori* infections. This section includes products to eradicate *H pylori*, help you clear yeast and fungal overgrowth and replenish your digestive system with healthy bacteria. It also contains information on specific foods that can help your digestive lining heal.

It is important to understand that your symptoms may not clear immediately. If you have structural damage to your digestive system and resulting nutritional deficiencies, it may take some time for your symptoms to resolve. Think of it like this: if you go out in the sun all day without sunscreen, you may get badly burned. Just because you go inside, out of the sun, it doesn’t mean that the sunburn is going to immediately disappear. Likewise, just because *H pylori* bacteria are not there anymore, it doesn’t mean that the damage to your digestive lining will heal right away and as a result your symptoms may persist.
One of the most important aspects of my program is to help you heal after you have cleared your infection. This is why I have included a comprehensive nutrition and lifestyle guide that teaches you the most common diet and lifestyle associated causes of symptoms so that you can work on these in order to strengthen your body against re-infection. I have seen miraculous recoveries in people who simply altered their diet to remove problem-causing foods.

Therefore, I highly recommend that you read through the entire book at least once before starting the program. Take some time to absorb the information so that you are fully educated on the subject and what is required to ensure success. If you simply try to take a supplement to kill the infection, you are missing the point and this may lead to re-infection or unsatisfactory results further down the line. Remember that I have had a 100% success rate using this program as it is laid out. The program will work if you commit yourself to 90-days of good eating, sleep and taking the right supplements, at the right time and in the correct sequence.
What Is H Pylori?

*Helicobacter pylori*, also known as *H. pylori*, is a type of bacterium that lives primarily in your stomach and the upper part of your small intestine (duodenum).

In fact *H. pylori* bacteria, other species of *Helicobacter* bacteria and their DNA have also been isolated in the following parts of the body:

- Oral cavity / saliva / dental plaque\(^1,2\)
- Semen\(^3\) Vaginal tract\(^4\)
- Gallbladder\(^5,6\)
- Liver\(^7\)
- Colon\(^8,9\)
- Tonsils\(^10\)
- Salivary glands\(^11\)

*H. pylori* bacteria have a corkscrew shape (Fig 1). This enables them to bury into the lining of the stomach where they cause irritation, inflammation and damage to the delicate tissues of the upper digestive tract.

*H Pylori* infection stimulates an immune response, which can lead to degradation of the stomach lining tissue. Medical conditions that can result from the irritation and inflammation are gastritis, ulcers and even certain types of stomach cancer.

As you will see in chapters 6-11, *H Pylori* can cause many digestive symptoms, including bloating, burping & belching, stomach pain, constipation, feeling of having a lump in the throat, acid reflux and constipation & diarrhoea. What your doctor probably won’t tell you is that *H pylori* can also lead to chronic fatigue, sleep problems, back pain, skin diseases, headaches, nausea, weight gain and mood symptoms such as anxiety.
**H. pylori** also has many ‘cousins’. In fact, several *Helicobacter* species have been isolated in humans, including *H. bilis*, *H. hepaticus* and *H. hartmanni.* It is not clear whether these species play a role in creating illness in humans.

Similar bacteria have been found in animals, including cats, dogs, poultry, mice, pigs and even shellfish and dolphins. These findings have led some researchers to suggest that *H. pylori* can be transmitted from animals to humans.

*H. pylori* bacteria have been infecting humans for a very long time. Studies on 1,700 year-old Mummies in Chile’s Atacama Desert have revealed that our ancient relatives not only suffered from the same modern-day diarrhoeal parasites, such as *Cryptosporidium* and *Giardia,* but were also infected by *H. pylori.*

**Does Everyone Have H pylori?**

Over the last three years I have received many emails from confused patients whose doctors have told them not to worry because “everyone has *H Pylori*”. However, thousands of medical studies and hundreds of stool test results prove that this is simply not true and it is this kind of wrong information that confusion and frustration.

*H. Pylori* infection is, however, very widespread. It is diagnosed worldwide, although its distribution is not uniform from location to location. *H pylori* is more prevalent in certain areas of the world than others.

Depending on which book or study you read, it is estimated that *H. pylori* infects between 50-70% of the world’s population (3-5 billion people). There is a great deal of variation between infection rates in so-called ‘developed’ versus ‘developing’ countries. See the table below for infection rates in different countries.

**Table 1: Distribution of H pylori in Selected Countries**

<table>
<thead>
<tr>
<th>Continent / Australasia</th>
<th>Country</th>
<th>Adult Infection Rate (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Africa</td>
<td>Algeria</td>
<td>43-92</td>
</tr>
<tr>
<td></td>
<td>Kenya</td>
<td>94</td>
</tr>
<tr>
<td></td>
<td>Nigeria</td>
<td>69-91</td>
</tr>
<tr>
<td>Asia / Australasia</td>
<td>China</td>
<td>86</td>
</tr>
<tr>
<td></td>
<td>India</td>
<td>77-88</td>
</tr>
<tr>
<td></td>
<td>Sri Lanka</td>
<td>72</td>
</tr>
<tr>
<td></td>
<td>Thailand</td>
<td>74</td>
</tr>
<tr>
<td></td>
<td>Australia</td>
<td>31</td>
</tr>
</tbody>
</table>
What Causes H Pylori & Where Does It Come From?

As you can see from Table 1, the distribution of *H pylori* is closely related to a country’s socioeconomic status. Higher rates of infection seem to be caused by:

- Birth in a ‘developing’ country
- Crowded living conditions
- Large families
- Unsanitary living conditions
- Unclean food or water
- Presence of babies/infants in the home
- Presence of pets in the home, especially cats and dogs
- Exposure to gastric contents of infected individuals (e.g. vomit)
- Late adult age group (45-65 years of age)

These risk factors provide us with clues as to how *H. pylori* may be acquired or transmitted. Large families and overcrowding my predispose people to acquiring the infection from one another. Poor sanitary conditions may lead to exposure to food and water that has been contaminated by human or animal waste.

Can Stress Cause *H Pylori* Infection?

If your body is under stress, or has been under stress recently, you are more likely to acquire a digestive infection such as *H Pylori*. Any stress on your body causes the elevation of a hormone called cortisol.

<table>
<thead>
<tr>
<th>New Zealand</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central America</td>
<td>58-65</td>
</tr>
<tr>
<td></td>
<td>60</td>
</tr>
<tr>
<td>Guatemala</td>
<td>58-65</td>
</tr>
<tr>
<td>Mexico</td>
<td>60</td>
</tr>
<tr>
<td>Europe</td>
<td>34</td>
</tr>
<tr>
<td></td>
<td>&gt;40</td>
</tr>
<tr>
<td></td>
<td>50-80</td>
</tr>
<tr>
<td>Finland</td>
<td>34</td>
</tr>
<tr>
<td>Italy</td>
<td>&gt;40</td>
</tr>
<tr>
<td>Spain</td>
<td>50-80</td>
</tr>
<tr>
<td>Middle East</td>
<td>90</td>
</tr>
<tr>
<td>Egypt</td>
<td>90</td>
</tr>
<tr>
<td>Saudi Arabia</td>
<td>80</td>
</tr>
<tr>
<td>Turkey</td>
<td>80-100</td>
</tr>
<tr>
<td>North America</td>
<td>35-40</td>
</tr>
<tr>
<td>USA</td>
<td>35-40</td>
</tr>
<tr>
<td>Canada</td>
<td>20-40</td>
</tr>
<tr>
<td>South America</td>
<td>38-62</td>
</tr>
<tr>
<td>Argentina</td>
<td>38-62</td>
</tr>
<tr>
<td>Brazil</td>
<td>82</td>
</tr>
<tr>
<td>Chile</td>
<td>72</td>
</tr>
<tr>
<td>Colombia</td>
<td>54-68</td>
</tr>
</tbody>
</table>

(Adapted from Fleming, S. (2007). p.63)
High cortisol first stimulates, but then weakens, our immune system. Over time, if the stress doesn’t go away, a chronic weakening of the immune system occurs. When the immune system is weakened, bacteria such as H Pylori can survive with greater ease, so they are more likely to get into your body and you may find it harder to get rid of them.

I have designed a great diagram to explain how stress causes problems in the digestive system, leading to infections, IBS and other symptoms.

When I ask my clients to complete their intake paperwork, I am always looking for a time-line of how their symptoms have developed and whether they are stress-related. In more than 80% cases, digestive problems develop during or shortly after a period of stress. Common stressors include money problems, divorce, redundancy, family bereavement, exams, car crash or physical trauma, major infection, poor diet, dehydration, too much or too little exercise and so on.

With a depleted immune system, our bodies find it hard to fight the infection when it first enters, so the infection becomes chronic and may remain in the digestive tract for many years – or even a lifetime - before it is discovered. This is why so many people may suffer typical IBS symptoms and low energy for many years.

I have found that diet is also a major cause of digestive symptoms. In fact, you may find that most, if not all of your symptoms, are caused by some of the common foods you are eating (e.g. pasta, bread, milk). Many of my clients have found that all their symptoms have gone away when they have followed a diet program to reduce pain and inflammation and improve digestion. This is the reason I designed and wrote The H Pylori Diet, which you can find in the second half of this book.

**How Did H Pylori Get Into Your Body?**

The question “How did I get become infected with H. pylori?” is asked so many times in my email Inbox. Perhaps you are also confused about how H Pylori managed to sneak into your stomach?

The consensus view within the medical literature is that H. pylori infections are acquired during childhood .14 Symptoms such as sickness, diarrhoea, abdominal pain and nausea are common in childhood and tend to be seen as ‘the norm’. In some people, these symptoms tend to disappear on their own, only to reappear and become chronic during adult years. I often wonder how many infections go undiagnosed in childhood and then cause problems later on in life.

Unless childhood symptoms are severe, doctors tend not to test for infections. Instead, antibiotics or bed-rest are prescribed and as a result we do not discover
which infection we actually have! Only when antibiotic treatments do not bring relief to symptoms do further investigations begin. It is certainly possible that \textit{H. pylori} could be the cause of many childhood symptoms that are considered to be part of the ‘normal growing up’ process.

Although there is a good deal of evidence supporting childhood infection with \textit{H. pylori}, some scientists and doctors report that the infection is more widespread in adults between the ages of approximately 45-60.

**So, How \textit{Did} You \textit{Get} It?**

**Kissing & Sexual Contact**

\textit{Because \textit{H. pylori} and other \textit{Helicobacter} species can inhabit our mouths it is believed that they can be passed between people during kissing. Dr. William Timmins suggested that up to 30\% of \textit{H. pylori} infections could be passed through kissing\textsuperscript{3}. Although this has not been categorically proven, one study reported finding \textit{H. pylori} in tonsil tissue and the authors concluded that their findings support the oral-oral transmission route\textsuperscript{10}.}

In another study, it was found that spouses are often infected with exactly the same genetic strains of \textit{H. pylori}, again indicating that the infection is spread from person to person, possibly during intimate contact\textsuperscript{15}.

Dr. Timmins also isolated \textit{H. pylori} from semen\textsuperscript{3}. If \textit{H. pylori} can, indeed live in semen, it is possible that infection could occur during sexual intercourse or oral sex. \textit{H. pylori} has been shown to exist in the \textit{vagina}, alongside yeast species\textsuperscript{4}. Again, this indicates that perhaps sexual contact may play a role in transmission. Studies also indicate that \textit{H. pylori} may inhabit the \textit{large bowel}, or \textit{colon}\textsuperscript{8,9} suggesting that anal sex could potentially lead to infection.

**Sharing Eating & Drinking Utensils**

Interestingly, \textit{H. pylori} has been reported to have the ability to survive on chopsticks, indicating that the sharing of eating and drinking utensils, water bottles, toothbrushes, etc. may also be a transmission route\textsuperscript{5}. Researchers found that even when chopsticks were washed, \textit{H Pylori} could still be found on them.

**Mother to Child & Family Transmission**

Scientists believe that the mother to child transmission route is a likely cause of infection. It has been shown that \textit{H. pylori} strains in infant infections often match the exact genetic strains carried by the Mother\textsuperscript{17,18} One study concluded that:

\textit{“The detection of \textit{H. pylori} in mother’s dental plaque seems to be a critical factor for the intra familial spread”}
The authors of a 2005 study found that the likelihood of a child acquiring an infection was much higher if the Mother was infected versus the Father\textsuperscript{18}.

A study conducted among Amazonian natives in Brazil showed that the \textit{H. pylori} acquisition rate was 25% in early childhood. In other words, the infection rate in very young children was approximately one quarter. In this study 50% of children aged 2 were infected, at 15 years 86.1% were infected and almost 100% of the adults had \textit{H. pylori}\textsuperscript{19}.

Despite the likelihood of the Mother-Infant route being an important transmission route, I have not yet found any evidence that supports breastfeeding as a mode of transmission.

\textit{H Pylori in Water}

Studies indicate that \textit{H. pylori} can survive in water and that drinking contaminated water is a source of \textit{H. pylori} infection in humans. For example, \textit{H. pylori} bacteria have been found in well water\textsuperscript{20}, seawater that is close to sewerage outlets\textsuperscript{21} and in vegetables that have been treated with water that has been contaminated with faecal matter\textsuperscript{22}.

As I discussed in my introduction, I believe I acquired my \textit{H. pylori} infection in 2004 whilst on holiday in Egypt. I had terrible heartburn, nausea and vomiting for two days and then diarrhoea symptoms for around a week. After the first week I developed a \textit{Candida} overgrowth that covered my tongue white/yellow and suffered with fatigue and short spells of nausea for many weeks. Whilst I am unable to pinpoint the exact route of transmission it appears likely that I consumed contaminated water, ice or food.

\textit{H Pylori in Food}

A previously cited study showed that lettuce washed in water contaminated with faeces contained \textit{H. pylori}\textsuperscript{22}. \textit{H. pylori} may also be acquired by eating poorly cooked foods, especially meat, poultry and eggs. A recent report by the British Government asserted that eggs from caged hens contain a higher level of \textit{Salmonella} bacteria compared to eggs from organically raised hens\textsuperscript{23} It is certainly reasonable to suspect that poorer quality eggs and other foods may contain higher levels of \textit{H. pylori}. Dr. Michael Liebowitz believes that poor quality eggs are a source of \textit{H. pylori} infection\textsuperscript{24}

It has been shown that \textit{H. pylori} can be picked up by houseflies\textsuperscript{25} and it is reasonable to assume that flies that have been in contact with human or animal waste may pose a threat of infection. Food contaminated with cockroach excretions has also been identified as another possible mode of transmission\textsuperscript{26}.
Hospitals & Endoscopic Procedures

An endoscopy procedure involves the passing of a tube down the throat of the patient. The tube has a camera on the end that allows the doctors to see structural damage in the stomach such as gastritis, ulcers, tumours and hernias. Research has shown that *H. pylori* can be spread using contaminated equipment\(^{27}\). This is somewhat ironic – a testing method for *H Pylori* can actually cause the infection!

Pets & Other Animals

Many species of *Helicobacter* have been identified and in a wide variety of animals, including cats, dogs, sheep, gerbils, rabbits, monkeys, cows, pigs, tigers, cheetahs, poultry, wild birds and even dolphins and sharks\(^{28,29,30,31,32}\). As a result, some scientists believe that certain *Helicobacter* species can be passed from animals to humans, a process known as *zoonosis*.

Yeast

*Helicobacter* species can survive in yeast colonies that inhabit the mouths of dogs and cats. It is plausible, therefore, that allowing pets to lick our hands and face, or even petting areas of the animal that have been licked, may lead to the transmission of the *Helicobacter* organisms from the animals to humans\(^{32}\).

There is a definite relationship between yeast organisms and *H. pylori*. Some scientists believe that yeasts actually harbour *H. pylori*. It is also proven that *H pylori* and yeast overgrowth known as *Candida* can occur at the same time. *Candida* can cause the same symptoms as *H Pylori*.

When Triple Therapy antibiotics are used against *H pylori*, levels of *Candida* increase by around 30%\(^{33}\). This is one of the major disadvantages of using antibiotics against *H Pylori*.

Research also demonstrates that when proton pump inhibitors (such as Nexium, Prilosec, also known as Omeprazole Pantoprazole and Lanzoprazole) are used alone to reduce stomach acid, reflux and heartburn, *Candida* organisms also spread rapidly. This has enormous implications because *Candida* overgrowth can cause many symptoms and health problems. This is one reason why you may have felt no improvement, or even a worsening of symptoms during and after treatment.

Many times I have found that their symptoms have been a combination of *H pylori* and *Candida*. On other occasions, I have found that *Candida* was causing the same symptoms as *H pylori* – digestive discomfort, heartburn, painful gums or tongue, headaches, etc. – and that *H pylori* was actually not actually present at all.
Summary

In summary, although no precise mechanism has been established, there appear to be several important modes of transmission for *H. pylori* infection:

- Person to person - through kissing, sharing eating and drinking utensils and sexual contact.
- Being in contact with the vomit or stools of an infected person, e.g. in day care centres & hospitals.
- Drinking water that has been contaminated with faeces.
- Eating food that has been contaminated by tainted water or flies/cockroaches.
- Zoonosis (animal to human).
- In hospitals via infected diagnostic equipment.

Can You Pass H Pylori To Your Children & Loved Ones?

Most doctors will tell you that *H pylori* is not contagious. However I believe this to be completely false. Studies clearly show that spouses are often infected by the same strain of *H pylori* and that a mother can pass *H pylori* to her children.

I always recommend that all family members should be routinely tested if one family member is diagnosed with any digestive infection. Sometimes this is difficult because *H pylori* does not always cause symptoms in infected people. But if one family member works hard to eradicate their infection, if the others are not tested and treated, it might be passed right back, resulting in wasted time, energy and money.

Later, I teach you how to access the very best testing for *H pylori* even if your doctor refuses to test. At the same time, you can test for more than 30 other common digestive infections, without leaving the comfort of your own home!
What Are The Symptoms of H Pylori?

- Do you have bloating, belching or burping?
- Do you suffer with acid reflux?
- Does your stomach hurt or burn?
- Do you get chest or upper back pain?
- Are you constipated?
- Do you feel tired all the time?
- Is it hard to fall or stay asleep?
- Do you sometimes feel like you have an uncomfortable lump in your throat?
- Has your doctor told you that you have IBS?
- Do you get headaches?
- Are you losing or gaining weight for no reason?
- Do you have rosacea, hives or urtcaria?
- Do you have nausea, especially in the mornings?

These are just some of the symptoms that I have seen improve dramatically or even disappear when people change their diet and eradicate H pylori. Unfortunately many of these symptoms are not recognised by doctors.

Some of the symptoms of H pylori are obvious – reflux, stomach pain, belching and burping - and will tend to be acknowledged by medical staff, but others are subtle and may seem to be completely unrelated to the digestive system.

But make no mistake, H Pylori has the potential to cause unwanted symptoms in many parts of your body.

Laura is a 49 year-old female who had fatigue and female hormone symptoms such as depression, anxiety and painful periods (PMS). She also had some digestive issues, including bloating and diarrhoea. Laura had never been tested for digestive infections so we ran a stool antigen test, which revealed that she had an active H pylori infection. I put Laura on my anti-inflammatory diet and she immediately felt better, with lots more energy and better sleep. After 30-days, I recommended that she take a 30-day course of Matula Herbal Formula (www.perfect-natural-health.com). Within 60-days of beginning the programme, all Laura’s symptoms had cleared. Her menstrual cycle had become more regular, her ‘deep’ energy levels, as she described them, had returned and her digestion was completely back to normal.

H pylori symptoms seem to depend on several factors:

- The severity of the infection – how many H pylori organisms are present?
- The strain of H. pylori causing the infection – there are many different strains.
The length of time the infection has been present.

‘Host’ factors (smoking, stress levels, food sensitivity, nutritional status)

Some carriers of *H. pylori* are completely asymptomatic, meaning that they have no symptoms at all.

Others may have mild, long-term symptoms such as stomach pain, bloating, skin rashes and general low energy.

Others still may be rushed to the emergency room with severe chest pains, nausea, vomiting, migraine headaches and diarrhoea.

Further still, in some people, *H. pylori* infection does not cause any of the common digestive symptoms but does cause symptoms such as depression, anxiety, headaches and PMS.

**Digestive Symptoms**

The most common symptoms of *H. pylori* infection occur in the digestive system:

- Heartburn (burning sensation in throat and stomach areas)
- Acid Reflux
- Chest pain and pain between the shoulder blades
- Belching
- Excessive gas
- Abdominal bloating and cramps
- Constipation
- Diarrhoea
- Gastritis (inflammation of the stomach)

**Acute Symptoms**

Some people develop severe, acute symptoms. These are usually characterised by nausea, vomiting, severe chest pains, heartburn, extreme fatigue and diarrhoea.

It is not uncommon for people to report feeling like they are having a ‘heart attack’ when a severe acute infection is acquired (this is not too dissimilar to the way I felt in 2004, when I believe I acquired my *H. pylori* infection in Egypt).

**Chronic Symptoms**

*H. pylori* infections can also cause chronic symptoms. These are usually less severe and tend towards mild digestive discomfort such as bloating, indigestion, constipation and mild heartburn/reflux. Infected individuals may also feel tired,
have headaches and generally ‘not feel themselves’. However these symptoms are usually ignored until they worsen, in which case patients may seek a doctor’s advice.

**Is *H Pylori* The Same As IBS?**

No, but it can cause the same symptoms. IBS stands for “Irritable Bowel Syndrome”. Doctors often diagnose this condition. But it does not really exist. In my experience IBS is always caused by two factors:

1. **Food** – if you have digestive symptoms, common foods will almost certainly be contributing to you not feeling well. This issue is covered in the second half of this book. I have designed *The H Pylori Diet* to help you avoid all the common foods that can cause the same symptoms as *H Pylori*.

2. **Infections** – *H pylori* is one of many digestive infections that can cause IBS.

If you have IBS and your doctor has told you there is no cure, I urge you to have faith. Your symptoms will almost certainly improve if you simply follow *The H Pylori Diet* and make sure that you run a stool test to identify which infections you have so that you can also eradicate them.

**Fatigue, Mood, Sleep & Weight Management Problems**

*H. pylori* can be the cause of, or at least contribute to, many symptoms outside the digestive system. Some of the most common symptoms include:

- Depression & Anxiety
- Low Energy
- Lethargy
- Heart Palpitations
- Brain Fog
- Headaches
- Sleep problems
- Rapid Weight Loss
- Weight Gain in some people
- Skin problems: Hives, Rosacea, Dermatitis
- Bad Breath
- Pain between the Shoulder Blades
- Sinus Problems

When we take the time to understand how our bodies work, it is easy to see how *H. pylori* infection may cause symptoms elsewhere in the body. It is well known that *H pylori* reduces stomach acid levels in people because it damages the cells
that make acid. This actually makes it easier for the bacteria to survive in the stomach!

If stomach acid levels are low, it is hard for us to digest and absorb food properly. This leads to vitamin and mineral deficiencies that can lead to fatigue, headaches, anxiety and many other common symptoms. For example, it is well known that *H. pylori* can cause iron and B12 deficiency.

Science is now uncovering some very interesting links between *H. pylori* and seemingly unrelated symptoms and health conditions. Without going into too much detail, these are summarised below along with the appropriate references:

- **Anaemia**¹, ², ³, ⁴
- **Bronchitis**⁵
- **Colitis**⁶
- **Colorectal Cancer**⁷, ⁸
- **Crohn's Disease**⁹, ¹⁰
- **Halitosis**¹¹
- **Heart Disease**¹², ¹³, ¹⁴, ¹⁵, ¹⁶, ¹⁷
- **High Blood Pressure**¹⁸
- **High Cholesterol**¹⁹
- **Homocysteine**²⁰, ²¹, ²²
- **Hypochloridia (low stomach acid)**²³, ²⁴, ²⁵
- **Gallstones**²⁶, ²⁷, ²⁸, ²⁹
- **Insulin Resistance**³⁰
- **Liver Disease**³¹, ³², ³³
- **Lung Cancer**³⁴
- **Migraines**³⁵, ³⁶
- **Osteoporosis**³⁷, ³⁸
- **Pancreatitis**³⁹, ⁴₀, ⁴₁, ⁴²
- **Parkinson's Disease**⁴³, ⁴⁴
- **Raynaud's Syndrome**⁴⁵
- **Rosacea**⁴⁶
- **Sperm Health / Male Fertility**⁴⁷
- **Heart Disease**⁴⁸, ⁴⁹, ⁵⁰
- **Type I Diabetes**⁵¹, ⁵², ⁵³
- **Urticaria**⁵⁴, ⁵⁵
- **Vitamin and Mineral Deficiency**⁵⁶, ⁵⁷, ⁵⁸
- **Vomiting during Pregnancy**⁵⁹, ⁶⁰

Cris, from London, came to me complaining of male hormonal problems, including loss of libido. He had very mild bloating symptoms and no obvious signs of a digestive infection. We ran stool antigen testing and discovered that he had *H. Pylori*. We also ran a urine test to check for nutrient deficiencies and liver function, which showed a deficiency in amino acids (protein building blocks). These nutritional deficiencies are common because *H. pylori* can lead to a reduction stomach acid production. With low stomach acid, it is hard to digest and absorb these nutrients properly. Amino acids are important building blocks for many chemicals, including those that influence mood and libido. I recommended a natural protocol for clearing the *H. pylori* (confirmed negative on retest) along with an anti-inflammatory diet. Cris also took some supplements to replenish the missing nutrients and within 6-months had made excellent progress.
Put simply, if you have depression, anxiety, PMS, headaches, skin conditions, osteoporosis, low libido, muscle and joint pain, autoimmune disease or any other chronic health condition, there is a strong possibility that you have a digestive infection of some kind – possibly \textit{H. pylori} – and should consider requesting a test from your doctor or from a qualified professional.

\textbf{H pylori & Skin Disease}

I’ve been arguing for years that digestive infections cause and contribute significantly to skin problems. We know that dandruff, jock itch and athlete’s foot are fungal problems and that Dermatitis herpitiformis is caused by gluten in bread, pasta, etc damaging the intestinal lining.

I have observed a vast array of rashes, blemishes, sores and other skin problems clear up when we have worked on client’s digestive health. It really is amazing.

Around Christmas 2009, I read a fantastic review paper in the \textit{European Journal of Dermatology} that pulled together a great deal of research linking \textit{H pylori} with skin diseases. It added scientific validation to all my observations. I have actually posted a link to this review paper at my \textit{H pylori} Facebook page. Just click on the link below to see it.

http://www.facebook.com/posted.php?id=126841381629

The paper suggests a link between \textit{H pylori} and various skin conditions, including:

- Rosacea
- Urticaria / Hives
- Atopic Dermatitis
- Psoriasis
- Immune Thrombocytopenic purpura
- Sjogren Syndrome
- Pruritis
- Prurigo

There is no doubt whatsoever that \textit{H pylori}, food and other digestive parasites cause or contribute to skin diseases.

\textbf{Will \textit{H. pylori} Cause Gastritis & Stomach Ulcers?}

In 2005 it was firmly established by two doctors – Barry Marshall and Robin Warren – that \textit{H. pylori} causes ulcers in the stomach (also known as peptic ulcers)\textsuperscript{61}. Drs. Marshall and Warren, in fact, won the Nobel Prize for Physiology and Medicine for their discovery. You can read about this epic discovery at: http://nobelprize.org/nobel_prizes/medicine/laureates/2005/press.html.

Statistically, \textit{H. pylori} is present in around 80\% of people with stomach ulcers and in virtually all patients with duodenal ulcers (ulcers of the small intestine)\textsuperscript{62} Other causes of stomach ulcers include NSAIDs (e.g. aspirin, ibuprofen), smoking and
over-consumption of alcohol. If an ulcer is being caused by *H pylori* it will not go away unless *H pylori* is eradicated.

It is believed that specific strains of *H pylori*, known as CagA, BabA and VacA are the ones that tend to cause the most damage. They are the strains that researchers believe carry the highest risk of causing ulcers and cancer.

**Can *H Pylori* Kill?**

We now know that *H pylori* can definitely cause ulcers and certain types of stomach cancer. If they are left untreated, these conditions can, unfortunately, lead to death. Ulcers can perforate and bleed, which can lead to septicaemia. Cancer is obviously a condition that can be fatal.

Recent research is also suggesting that *H pylori* and other infections may also cause a sequence of events to occur in the body that may lead to the development of heart disease, as is explained below.

**Does *H. pylori* Can Cause Stomach Cancer?**

The World Health Organisation has classified *H. pylori* as a *Class I Carcinogen*, which puts it at the same level of risk for stomach cancer as cigarette smoking is for lung cancer.63

Gastric cancer is thought to develop in around 1% of people with *H pylori*. Although this may not appear to be a high percentage, it means that for every one million people with an *H. pylori* infection, ten thousand will develop gastric cancer. Is it worth the risk? In Part Two of this book, *The H Pylori Diet* teaches you exactly how to overcome *H pylori* and reduce your cancer risk.

The precise mechanism by which *H. pylori* leads to cancer is not yet fully established. The science behind this topic is complex and is beyond the scope of this book. Research seems to suggest that particular strains of *H. pylori* - named CagA, VacA and BabA – are the most likely to cause more serious illness.64

**Can *H Pylori* Cause Heart Disease & Strokes?**

Scientists are uncovering evidence that certain infections – including *H pylori* may contribute to heart disease and strokes. Several complex mechanisms have been suggested as to how this happens.

Because the research in this area is still young, it may be some time before we really know whether *H pylori* causes heart disease but, in the meantime, we should take this theory seriously and make sure that we take steps to ensure *H pylori* is eradicated.
What Tests Are Available For *H pylori*?

<table>
<thead>
<tr>
<th>TEST</th>
<th>ADVANTAGES</th>
<th>DISADVANTAGES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Antibody Test</td>
<td>• Can be helpful in identifying acute infections.</td>
<td>• May lead to false positive or false negative results because antibodies can be present even when infection is gone.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Should not be used to retest after treatment.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Involves blood draw and may be stressful to patient.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Requires visit to clinic.</td>
</tr>
<tr>
<td>Breath Test</td>
<td>• Relatively easy to perform</td>
<td>• May miss low-level infections, such as those in children.</td>
</tr>
<tr>
<td></td>
<td>• Non-invasive</td>
<td>• May miss infection following antibiotic treatment if test is performed too soon.</td>
</tr>
<tr>
<td></td>
<td>• High accuracy is reported in the medical literature.</td>
<td>• Experientially, positive results may be reported when <em>H pylori</em> not present.</td>
</tr>
</tbody>
</table>

I receive dozens of emails each week asking me about *H. pylori* testing. I have compiled a list of the most common problems people face when it comes to getting tested for *H. pylori*. Perhaps you have had some of these problems too?

- There is great inconsistency in doctors' willingness to test. Some doctors understand *H pylori* better than others.
- There is a huge amount of inconsistency in the accuracy of testing. Some tests are more accurate than others.
- Different types of testing may not be accessible in your area.
- Doctors may not be aware that certain types of testing even exist. For example some doctors do not know about stool testing for *H pylori*.
- Patients may have to wait weeks or even months to be tested.
- Retests are performed too soon after completing antibiotic therapy and the wrong type of test is used.

There are four main tests for *H. pylori*. The relative advantages and disadvantages of these tests are listed in the table below.

A summary of the advantages and disadvantages of testing methods for *H. pylori*
**What Is The Best Test For H Pylori?**

<table>
<thead>
<tr>
<th>Endoscopy / Biopsy</th>
<th>Stool Antigen Test</th>
</tr>
</thead>
<tbody>
<tr>
<td>A tube is inserted into the mouth and passed down the throat into the stomach. A camera is used to identify inflammation, ulcers and hernias. A biopsy may be taken of the stomach tissue and analysed for H. pylori.</td>
<td>One or more stool samples are taken and analysed for H. pylori antigens (fragments of the cell wall of the bacteria)</td>
</tr>
</tbody>
</table>
| • Can identify ulcers & gastritis.  
• Can identify hernias, which may cause reflux and burning symptoms. | • High accuracy.  
• Can identify many other infectious agents (parasites, bacteria, yeast)  
• Convenient & can be done at home.  
• Excellent for retesting. |
| • Invasive, stressful & uncomfortable.  
• Requires visit to clinic.  
• Can actually lead to H. pylori infection (research has shown that H pylori can survive on the equipment) | • Some tests may miss the organisms if multiple samples are not taken.  
• Samples may degrade during transportation.  
• Variation in quality of laboratories. |

Graeme contacted my office informing me that his 9 year old son, Brodie, had suffered with 2 months of symptoms, starting with nausea, vomiting, constipation, reflux, motion sickness and weight loss. He was unable to concentrate at school and was indeed having to take time off. He had taken a blood test and breath test for H pylori, both of which had come back negative. When we ran a stool test, we found H pylori and Brodie was able to overcome his symptoms quickly using The H Pylori Diet.

I have now worked with H pylori patients for more than three years and I can honestly say that stool testing is definitely the most accurate testing method.

The reason it is better than the other testing methods is that you can use a single test, at home, to identify not only H pylori but many other common digestive infections. This is so important because many times, people who think they have H pylori actually have a completely different infection, which requires a completely different treatment plan.

The importance of accurate testing cannot be over-emphasised. Your recovery depends on an accurate diagnosis. Many of you will have the same symptoms but they will be caused by different infections and food sensitivity.

I’ve posted a great video on lab testing at YouTube. Please click on the link below to watch it:

1. **Youtube Video on H pylori Testing:**  
   http://www.youtube.com/watch?v=CC1ILNXXxz0

2. **60min audio recording of the global teleseminar to explain H pylori testing, as well as a free 12-page report with example lab test reports:**  

3. **Simple online order page where you can order a comprehensive stool test for H pylori and have the test delivered in 2-3 working days. You may also order a phone consultation with me at 40% off the usual rate:**  
   http://www.DaveHompesBlog.com/Lab_Testing
Where Can You Get The Best & Cheapest Testing For *H Pylori*?

Because this is one of the most common questions I get asked, I have created some excellent resources to help you understand *H pylori* testing. Click on the links below to be taken to these special pages:

**Should Your Loved Ones & Family Be Tested?**

Yes - because we are certain that *H pylori* can be passed from person to person by kissing, sexual contact and when eating and drinking utensils are shared I always recommend that your partner and children should be tested.

If you are diagnosed with *H pylori* and you successfully eradicate your infection, it is highly likely that if your partner or children also have *H pylori*, they could give it right back to you.

It's also possible that you may simply not be able to eradicate your infection if you are continuously being re-infected by family members.

**Why Doesn’t Your Doctor Tell You This Information?**

Doctors are not *H pylori* specialists. They do a great job dealing with a huge array of different patients with symptoms on a day to day basis, but they are not taught about *H pylori* in detail when they attend medical school.

In addition, they’re so busy helping people with other ailments that they don’t have time to read up to date research on *H pylori*. So the result is that they simply are unaware of the latest findings.
So what does this mean for you if you have *H. pylori*? Well, it means that your doctor may not realise that the triple therapy treatments for *H. pylori* are now outdated. He or she likely won’t know that yeast overgrowth is encouraged by *H. pylori* eradication protocols and you will most probably not be told that *H. pylori* can contribute to depression, anxiety and all the illnesses outside the digestive tract that are associated with the infection.

The fact is that there is an abundance of excellent research on *H. pylori* in the medical literature but the information does not often reach your doctor.

**Can *H pylori* Be Cured?**

The answer to this is most definitely a resounding “yes”. *H pylori* can definitely be eradicated but each person’s journey to freedom from the infection will be different.

I was able to eradicate my own *H pylori* infection not once, but twice, and I have successfully helped countless (hundreds, in fact) people achieve complete relief the infection as well.

Antibiotic treatment and herbal programs can both knock-out the *H pylori* bacteria. In fact, I have a 98% success record with the herbal protocol that is explained in *The H Pylori Diet*. It is generally accepted that the cure rates for *H pylori* using drugs are somewhere between 70-75%.

Unfortunately not everyone has a smooth journey back to wellness. Antibiotic therapy does not always work and sometimes the herbal programs need to be adjusted to suit each of your unique needs. For example, I know some of you
reading this will not be able to tolerate antibiotics such as Penicillin, whereas some of you will have great success using them.

Each of us is likely to require slightly different approach to successfully overcome *H pylori*:

- Some of you will eliminate all your symptoms through diet changes alone (seriously!)
- Some of you may feel 50% better after changing your diet and 100% better when *H pylori* is cleared.
- Some will need to eliminate *H pylori* before you feel better at all!
- Some of you won’t feel better even if you eradicate *H pylori* because food and other infections will be causing your symptoms.

**What Is The Best Medical Treatment?**

“The problem with antibiotics, of course, is that eventually the *H. pylori* become resistant to them and they stop working.”

- Dr Joseph Mercola, D.O

Conventional treatment of *H pylori* involves the prescription of **Triple Therapy**. Triple Therapy is based on the use of:

- 2 different **antibiotics** to kill the *H. pylori*.

Antibiotics do not work as effectively in the acid environment of the stomach, so a different type of medication is used alongside them to help reduce the acidity in the stomach.

- **A proton pump inhibitor** (e.g. Nexium, Prilosec, Prevacid) to stop the production of acid in your stomach, which in addition to increasing the efficacy of the antibiotics, can help to relieve symptoms such as acid reflux and heartburn.

Doctors sometimes recommend over the counter medications to reduce acidity in the stomach. Typical brand names include Zantac, Prilosec, Tagamet, Rennie, Gaviscon and Tums.

Conventional triple therapy for *H. pylori* usually includes one of the following combinations for 7-14 days (if you have taken antibiotics for *H. pylori*, you will probably recognise some of these drugs. They are sometimes sold in packs such as **Prevpac** or **H Pac**):

Some example treatment options are provided below:

<table>
<thead>
<tr>
<th>Option #1</th>
<th>Option #2</th>
<th>Option #3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Proton Pump Inhibitor</strong>&lt;br&gt;E.g. Omeprazole, Pantoprazole&lt;br&gt;Lanzoprazole&lt;br&gt;Brand names: Prevacid, Nexium,</td>
<td><strong>Proton Pump Inhibitor</strong>&lt;br&gt;E.g. Omeprazole, Pantoprazole&lt;br&gt;Lanzoprazole&lt;br&gt;Brand names: Prevacid, Nexium,</td>
<td><strong>Bismuth subsalicylate</strong></td>
</tr>
</tbody>
</table>

© 2007, 2009, 2010 Health For The People Ltd, 15 Queen Square, Leeds, LS2 8AJ. Registered in England & Wales, No. 06955670

The success rate of Triple Therapy used to be around 90%, which is medically acceptable as an eradication rate.

However it is now widely accepted that standard treatments may only be yielding success rates of around 70%, which by medical standards is considered too low.

I have read studies in which the cure rate from standard triple therapy was as low as 50%\textsuperscript{66}. This means that half the people who took the Triple Therapy did not eradicate \textit{H pylori}.

Some strains of \textit{H. pylori} are more resistant to the medications than others. And some of the antibiotics are more effective in some geographical regions than in others, which may account for variations in success rates seen in the literature.

In addition, it has been shown that different strains of \textit{H. pylori} can live in the same person\textsuperscript{67,15} One strain may be susceptible to the medications but the other may be resistant. In such circumstances the antibiotics may only be effective in eradicating one of the strains.

**Will The Drugs Work?**

In a 2008 report\textsuperscript{68}, Dr. David Graham, M.D., one of the world’s leading medical authorities on \textit{H pylori} wrote:

- “Traditional triple therapy remains effective only when used to treat infections with susceptible organisms”
- “The prevalence of antibiotic resistance has increased to such an extent that, to maintain acceptable cure rates, all patients should be considered as having resistant infections”
- “Therapies that do not reliably yield 90% cure rates should not be prescribed empirically
- Triple therapies that contain combinations of a PPI, amoxicillin, clarithromycin or metronidazole now typically yield cure rates <80% and are no longer acceptable as empiric therapy”

Similarly, a review paper contained in the 2007 annual report of the European Helicobacter Study Group\textsuperscript{69} states that:
“Increasing evidence suggests that standard triple therapy may no longer be the most effective treatment in certain regions. Two week therapy may be more effective than one-week but may not overcome bacterial resistance. Sequential therapy seems to be an effective alternative. Local reference centres are required to monitor antibiotic resistance and eradication rates and determine the best treatment regimes”.

Sequential Therapy
Sequential Therapy involves taking one antibiotic, usually for one week, followed by another for a week, whilst at the same time taking a PPI such as Nexium or Prilosec. One study showed that a group receiving sequential therapy had an eradication rate of 72.6%, versus only 58% in a group using conventional triple therapy.

Quadruple Therapy
Quadruple Therapy, where three antibiotics are taken alongside the proton pump inhibitor, may also be used in cases where triple therapy does not work. This strategy can involve the patient taking up to 20-25 pills per day. Some studies indicate that this method yields higher success rates whereas others show less encouraging results. In one 2007 study, for example, the success rate of using Quadruple Therapy was still only 66.7%.

Patient Screening
Because H pylori is becoming more resistant to antibiotics, some experts have recommended that the only way to effectively manage the infection is to screen each person in order to identify the exact H. pylori strain in each individual.

Theoretically this is great concept because it enables doctors to identify whether they are dealing with resistant strains and choose eradication protocols accordingly.

The problem is that medical resources in most countries are already stretched to the limit. In some areas patients have to wait weeks or even months to even gain access to a breath test or endoscopic exam, never mind an advanced test to identify which strain of H. pylori they may be carrying.

What Are The Side Effects Of Treatment?
Dr Alan Gaby, M.D. states that:

“Antibiotic treatment of H. pylori infection is not without risk. Antibiotic therapy can lead to the development of pseudomembranous colitis, a potentially severe infection caused by Clostridium difficile. In addition, antibiotics frequently enable the overgrowth of Candida albicans, which can result in vaginitis, gastrointestinal disturbances, or other complaints. Moreover, antibiotic treatment could lead to the overgrowth of antibiotic strains of H. pylori, making further attempts at eradication more difficult.”
I have received many emails from people who have been unable to use antibiotics because of the adverse side-effects that they experience. Common side effects are:

- Fatigue
- Nausea
- Vomiting
- Diarrhoea
- Metallic taste in the mouth
- Headaches
- Severe allergic reactions

Although antibiotics can help you heal, on the flipside they can also cause many problems. It really depends on each individual. I am always sad to read emails from people who had lots of side-effects when they took antibiotics for *H pylori* and suffered terrible side-effects, only to find that the antibiotics failed to clear their infection.

The word ‘antibiotic’ literally means ‘against life’. This is a very important point to remember. Whenever antibiotics are taken, beneficial bacteria (probiotics) that form an important and integral part of your digestive and immune systems are also killed.

It is generally agreed that the ratio of ‘good’ to ‘bad’ bacteria needed for optimal digestion, immune function and general health, is around 85% good vs. 15% bad. When antibiotics are taken, this ratio can be altered significantly. Multiple antibiotic treatments will inevitably lead to a reduction of good bacteria. When this happens, the door is opened for the opportunistic overgrowth of other infectious organisms such as other bacteria – *Clostridium difficile*, for example - and yeasts like *Candida* that can prevent recovery and even worsen symptoms.

### H. pylori & Candida Overgrowth

A number of studies have shown that *H. pylori* can survive in yeast isolated from the oral cavity. Yeast has also been found alongside *H. pylori* in tissue samples taken from the stomach.
The highly acidic stomach environment usually prevents yeast from growing there and also prevents it from entering into the small intestine. Lazebnik and colleagues reported that when triple therapy was used, Candida albicans levels increased by 250% in H. pylori sufferers. They also reported that Candida levels increased by 350% when acid-lowering medications were used on their own. The authors concluded that:

“The elevation of stomach pH as a result of anti-acid therapy and the elimination of H. pylori with its fungicidal component from gastric mucus create optimal conditions for development of Candida in the stomach and their passage into an intestine with an early invasive growth”

What this means in simple terms is that when stomach acid levels decrease as a result of H pylori infection or the use of Nexium, Prilosec and other anti-acid medications, the stomach becomes more hospitable to yeasts.

The importance of considering Candida overgrowth alongside H. pylori or after treatment with antibiotics cannot, therefore, be understated because if Candida overgrows in the digestive tract it can cause very similar symptoms to the H pylori itself

What Is The Best Natural / Alternative Treatment?

H pylori can definitely be eradicated using a natural program. My program has a 98% success rate. I personally recommend special dietary changes and a 30-90 day herbal stomach cleanse, depending on the specific herbs and supplements used.

A number of foods and herbs have been scientifically and clinically proven to work against H pylori but it’s important to understand that the studies are often performed in a lab dish, not in a human body, so the results have to be read with caution.

Because I’ve seen it happen so many times over the last three years, I can guarantee 100% that some of you reading this will experience a complete recovery from simply changing your diet. The complete, comprehensive H Pylori Diet is laid out for you on 46-106.

Unfortunately, some of you may not experience improvements using diet changes alone. You’ll also need to use a herbal protocol for 30-90 days.

I’ve found that the most effective natural products for working against H pylori are:

Matula Herbal Formula: www.Perfect-Natural-Health.com

In some cases, using these supplements does not bring the results people expect and this is usually because it’s actually that person’s diet that is causing the problems. I always recommend that diet changes are made before running the
stomach cleanses because there is a much higher success rate (and less wasted money on your part!)

Some of you will need to check for other digestive infections because *H pylori* often has partners in crime such as *Blastocystis hominis, Giardia* and *Cryptosporidium*. Even when diet changes are made and *H pylori* has been eradicated, symptoms can continue if these other parasites are not cleared.

---

**Order The *H Pylori* Diet Now**

Simply Click on The Link Below To Gain Immediate Access To The Full E-book Today: