



THE TRUTH ABOUT HELICOBACTER PYLORI TREATMENTS

A Comparison of Treatment Options for Helicobacter pylori



Written by:

David Hompes

M.Sc., B.Sc. (Hons)

Founder – www.h-pylori-symptoms.com

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Introduction

Helicobacter pylori infections are relatively common, affecting approximately three billion people worldwide. The infection is interesting because of the diverse array of symptoms it creates in different people. Some people develop only minor symptoms, or even no symptoms at all whereas others complain of terrible stomach and chest pain, diarrhoea, bloating, nausea, vomiting, heartburn, headaches, depression, anxiety and rashes.

Others still will go on to develop ulcers and stomach cancer as a result of the infection. In 2005, Drs Marshall and Warren won the Nobel Prize in Physiology & Medicine for their discovery that H pylori infection causes ulcers. We also now know that the infection can also cause stomach cancer and is also strongly linked to the development of heart disease.

My research has also uncovered links with diseases of the liver, pancreas, autoimmune conditions such as colitis, thyroiditis, crohn's disease, hives, urticaria, migraines, sinus problems, bad breath, oral infections and gallbladder trouble. I strongly suspect that those who are unfortunate enough to have their gallbladders removed do so because of H pylori's ability to live in the gallbladder and contribute to gallstone formation.

It is clear that if you have H pylori, its eradication is crucial to you if you want to regain your health. However, medical and natural therapies for H pylori often fail. As such it is my aim in this brief e-book to teach you why conventional medicine has fallen behind in the treatment of H pylori and how to negotiate the huge amount of inaccurate and non-scientific information that is often found on websites claiming to have a "miracle cure" for H pylori.

You Can't Cure it if You Don't Understand It

H pylori can be eradicated by using conventional medical treatments or a natural approach. However, both these types of approaches can also fail miserably and lead to a worsening of symptoms. Perhaps you are one of the people for whom such treatments have failed?

There are several reasons for treatment failures, all of which come down to the fact that there is a general lack of understanding in both medical doctors (including gastroenterologists and other specialists) and natural practitioners, regarding H pylori.

I'd like to state at this point that I do not pretend to know everything about H pylori. What I do know is that I understand the problem more than most doctors because I have chosen to specialise. I do not say this to impress you, you but to impress upon you that your doctor's opinion may not necessarily facilitate a full recovery in the patient.

You see, doctors don't read medical journals. A number of recent studies and reports, conducted by doctors, professors and medical staff at leading universities, have concluded that very few doctors are aware of the latest research findings in medicine and that many times, doctors are practicing what they learned in medical school 10, 15 or even 25 years ago.

I am not here to criticise anyone, merely to state the findings of my own research and clinical observations from the last eighteen months. During that time, I have read more than 8,500 studies on H pylori, spoken to many conventional and natural doctors, cleared my own infection and have also helped thousands of people understand and clear their infections. So I would like to share those findings with you so that you can choose an appropriate solution to your health challenges.

What Treatment Options Are Available?

Medical Treatments

Since 1998 doctors have been told to prescribe what is known as “Triple Therapy”, using three different types of medication, to eliminate helicobacter pylori infections.

Triple Therapy is based on the use of:

- **Two different types of antibiotics together** taken for 7-14 days to kill the H pylori bacteria
- **Proton pump inhibitors** (e.g. Nexium, Prilosec, Prevacid) that stop the production of acid in your stomach, help the antibiotics to work better and may relieve symptoms such as acid reflux and heartburn.

Option 1.	Option 2.	Option 3.
Proton Pump Inhibitor E.g. Omeprazole, Pantoprazole Lanzoprazole	Proton Pump Inhibitor E.g. Omeprazole, Pantoprazole Lanzoprazole	Bismuth subsalicylate
Clarithromycin Brand names: Biaxin, Klaricid, Klabax, Claripen, Claridar, Fromilid, Clacid, Infex)	Clarithromycin Brand names: Biaxin, Klaricid, Klabax, Claripen, Claridar, Fromilid, Clacid, Infex)	Metronidazole Brand names: Flagyl
Amoxicillin Brand names: Amoxil, Dispermox, Trimox	Metronidazole Brand names: Flagyl	Tetracycline Sumycin, Terramycin, Tetracyn, Panmycin

(Adapted from¹, p.359)

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

Do Antibiotics Work?

Ten years ago, the triple therapy regimens were highly effective and yielded success rates in excess of 90% (i.e. 90% of the people who took triple therapy eradicated Helicobacter pylori successfully).

However it is now widely accepted that standard treatments may only be yielding success rates of approximately 70%. Put another way, this means that 3 in 10 people are shown to still have H pylori when they are retested. I have read studies in which the cure rate from standard triple therapy has been as low as 50%².

So we can say at this time that conventional antibiotic therapies, depending on the study we look at, have anywhere between a 50-80% success rate.

So why are the antibiotics becoming less effective?

The problem is complex:

- Many strains of H pylori are now developing resistance to commonly used antibiotics. This simply means that the antibiotics don't kill the bacteria any more.

- Some strains of *H. pylori* are more resistant to the antibiotics than others. If someone has a strain that is resistant to clarithromycin, amoxicillin or metrodizanole, the antibiotics might not work.
- Different strains of *H. pylori* are found in different areas of the world and so without testing to see which strain a person has, using antibiotics relies on guesswork and assumption.
- One person may have more than one strain of *H. pylori*.^{3,4} Here, the antibiotics may kill one strain, but not the other.
- If a specific combination of antibiotics fails once, it will not be effective if it is used again. Studies have shown that using the same course of antibiotics a second time has a failure rate of approximately 90%.
- Many people have adverse reactions to the antibiotics and are unable to complete the course. If a course of antibiotics is not completed, it will not work. Common side effects are listed in the table, below:

Why Don't Doctors Know This?

As I have already discussed, the majority of doctors don't read medical journals and so they simply do not understand the problems associated with *H. pylori*. Leading researchers clearly state in the medical literature that conventional triple therapy is no longer an appropriate front line therapy for *H. pylori*.

For example, in a 2008 report⁵, Dr. David Graham, M.D., a world renowned authority on *Helicobacter pylori* writes:

- **Traditional triple therapy remains effective only when used to treat infections with susceptible organisms** (he is saying that the triple therapy should only be used if doctors know that the strain of *H. pylori* will be killed by the triple therapy)
- **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** (if you have *H. pylori*, it is highly likely that you have a resistant strain that will not be killed by conventional triple therapy).
- **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** (this is a statement acknowledging that the therapy being prescribed by doctors is not suitable!)

Similarly, a review paper contained in the 2007 annual report of the European *Helicobacter* Study Group⁶ states that:

“Increasing evidence suggests that standard triple therapy may no longer be the most effective treatment in certain regions. 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”.

What is Sequential Therapy?

Sequential therapy involves taking one antibiotic for one week, followed by another for a week, whilst at the same time taking a PPI such as Omeprazole, 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.

Despite the higher success rate, 72.6% still gives a failure rate of nearly 30%, which is far too high⁷. The other major problem with sequential therapy is that your doctor may not have been made aware that it actually exists.

Quadruple Therapy

Quadruple therapy, where three antibiotics are taken alongside the proton pump inhibitor, has also been used in cases where triple therapy has not been successful. This can involve taking up to 20-25 pills per day. Some studies indicate that this method is successful⁸ whereas others show less encouraging results. In a 2007 study, the success rate of using quadruple therapy was only 66.7%⁹. Again, your doctor may not have heard about quadruple therapy.

Can We Test the H pylori Strain?

Many experts have recommended that the only way to effectively manage H. pylori treatment is to screen each person to identify the exact strain that is infecting each individual¹⁰. Theoretically this is good idea because it enables doctors to choose eradication protocols accordingly.

Unfortunately, this is probably not going to happen any time in the near future because:

1. 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 an appointment to be tested for H pylori, never mind finding access to an advanced test to identify which strain of H. pylori they have.
2. The delay in information being translated from the research lab to the doctors dealing with you on a day to day basis is a huge problem. It takes around 17 years for new idea or concepts to be accepted in medicine and applied at ground level¹¹.

Side Effects

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”

Antibiotics and anti-acid drugs can cause nasty side-effects in susceptible people. I have listed these in a table, below.

LISTED SIDE EFFECTS OF DRUGS COMMONLY PRESCRIBED FOR H. pylori				
Category Name	What it does	Drug Brand Names	Generic Names	Negative Side Effects
Antacids	Neutralizes stomach acid	Tagamet, Zantac, Mylanta, Tums, Gaviscon, Gelusil, Maalox and Rennie's	Aluminium Hydroxide	Possible breast enlargement for males, dizziness, diarrhea, fatigue and headaches
Antibiotics	Used to treat and eradicate H. pylori	Achromycin, Tetracycline, Novatetra, Nu Tetra, Flagyl, NeoTric, Novonidazol, Trikacide, Amoxil, ApoAmoxi, Amicillin, Novamoxin, Nu Amoxi, ProAmix	Tetracycline, Amoxicillin, Metronidazole, Clarithromycin	Possible joint pain, diarrhea, dizziness, fever, flu-like symptoms, stomach upset, low blood pressure, kidney damage, increased liver enzymes, mouth ulcers, nausea, light sensitivity, itching, rash, skin discoloration, hives, vomiting, heartburn, shortness of breath, blood disorders and loss of appetite, Candida overgrowth
Proton Pump Inhibitors	Stops production of stomach acid. Used for treatment of Acid Reflux - GERD	Prilosec, Nexium, Prevacid, Losec, Zonton, Inhibitol, Protonix, Somac, Pantoloc, Aciphex, Pariet	Omeprazole, Lansoprazole, Rabeprazole, Esomeprazole, Pantoprazole	Possible stomach pain, constipation, diarrhea, dizziness, upper respiratory tract infection, headache, nausea, rash, vomiting and increased risk of pneumonia
H2 Blockers	Used in Quadruple therapy to protect the stomach lining against NSAIDS. Reduces the amount of acid your stomach makes	Tagamet, Pepcid, Axid, Zantac	Cimetidine, Ranitidine, Famotidine, Nizatidine	Possible breast enlargement in males, diarrhea, dizziness, fatigue, headaches, impotence and constipation

I have received many emails from people who have been unable to use antibiotics because of the adverse side effects that they experience. These range from depression, fatigue, nausea, vomiting, diarrhoea, metallic taste in the mouth and headaches, to severe allergic reactions that require hospitalisation (some people are highly allergic to the Penicillin group of drugs, including Amoxicillin).

It should always be remembered that antibiotics are what Dr. Jonathan Wright, M.D. calls "space alien chemicals". They are artificial, manufactured chemicals that are toxic to the human body. As such they are a double-edged sword. They have the potential to kill H pylori and alleviate suffering, but they also have the potential to worsen symptoms by adding toxic and chemical stress to your body.

Candida Overgrowth

As Dr Gaby states above, the use of antibiotics encourages the growth of yeast species called Candida albicans. When Candida overgrowth occurs, symptoms may be similar to those caused by H pylori. For example, Candida can cause bloating, abdominal discomfort, diarrhoea, constipation, foul smelling stools, bad breath, headaches, fuzzy thinking, skin conditions, etc. The fact that H pylori and Candida symptoms overlap significantly is confusing for many doctors and patients alike.

Research has proven that when antibiotics are used against H pylori, Candida overgrowth appears in the stomach. Studies also suggest that oral yeast species can actually help in H pylori transmission from person to person.

Conclusion

Medical treatments do work for some people, but they also fail for many people. They can also cause many unwanted side effects and actually make symptoms worse. As doctors continue to prescribe the same antibiotics, H pylori resistance will continue to increase and the medications will become less and less effective.

If you have used antibiotics and they have not worked for you, I highly recommend that you consider using a natural approach to clearing your infection.

If you prefer to continue attempting to clear your infection with antibiotics, you must use a combination of medications that is different from those you have already tried. For example, if you have used Tetracycline and Metronidazole and they have not worked, request Amoxicillin and Clarithromycin.

Alternatively, ask your doctor to look into Sequential or Quadruple Therapy, but be aware of unwanted side effects, especially when using Quadruple Therapy.

It is very important to run a Candida cleanse after the antibiotics because overgrowth of this yeast species is inevitable. Symptoms may not improve unless the Candida cleanse is performed. Clearing Candida requires dietary changes – namely an elimination of starchy and sugary foods – as well as either prescription medications such as Diflucan or Nystatin, or a herbal regimen as presented in my e-book, *Overcoming H pylori Naturally*.

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Natural Treatments

I am sure you have come across websites marketing natural solutions or cures for H pylori. The natural remedies usually come in the form of a supplement you can buy -perhaps in capsule, tea or oil form. You may also have tried some of these formulas, no doubt with mixed fortunes.

I personally eradicated my H pylori infection using a completely natural approach, but I receive many emails each day from confused people around the world who don't know which products to take, where to buy them and how to take them in order to get the best results. If these products are not used in the correct manner, they tend to be a waste of money and lead to disappointment. This then gives people the impression that they do not work. However the same products, if used correctly, can clear H pylori relatively quickly.

Which Natural Products Work Against H pylori?

When I researched H pylori I discovered many studies reporting the positive impact that natural substances can have against H pylori. However as I read these studies in more detail it soon became apparent that much of the evidence supporting the use of these products is somewhat tenuous and one must look very carefully at each study to understand the entire picture.

Pitfalls in the Research

Some studies show that H pylori is **inhibited** by certain natural substances. The word 'inhibit' does not mean 'kill'. It means that the agent being studied stops H pylori from spreading. This is not the same meaning as the words 'kill' or 'eradicate'. So many of the products marketed on the Internet have only ever been shown to inhibit, not kill, H pylori.

Some studies show that H pylori is **killed** or **eradicated** by these substances. This obviously means that the H pylori is killed outright by the substance.

The problem is that H pylori is relatively easy to suppress, or inhibit, but not so easy to eradicate, so people end up spending a lot of money on supplements that will not eradicate the bacteria.

Some studies are done *in vitro*, which means 'outside the body'. Inhibiting or killing H pylori in vitro, or outside the body, is not the same as killing it inside the body. Although in some studies, care is taken to try to mimic the conditions inside a human stomach, the substance might not have the same effect when it is taken by a human being and acting in the stomach.

Some studies are done *in vivo* which means 'inside the body'. These are studies that are performed using agents against H pylori inside the body of a human or animal. Tests are carried out after taking a course of the substance to see whether the H pylori has been eradicated.

Foods, Herbs & Supplements

With these concepts in mind, let's take a look at some of the natural herbs and products that have been shown to exert an influence on H pylori.

	Inhibits	Kills	<i>In vitro</i>	<i>In vivo</i>
FOODS				
Bilberry	YES	YES	YES	-
Blueberry	YES	YES	YES	-
Cranberry	YES	YES	YES	-
Elderberry	YES	YES	YES	-
Raspberry	YES	YES	YES	-
Strawberry				
Blackcurrant Seed Oil	YES	YES but infection returned in 80% of patients	YES	YES
Broccoli –also supplement Sulforafane	YES	POSSIBLY	YES	YES
Fish Oil	YES	YES	YES	YES
Garlic	YES	YES	YES	-
Grape	YES	YES	YES	NO
Olive oil	YES	YES	YES	-
Olives	YES	NO	YES	-
Tomato	YES	YES	YES	NO
SPICES				
Chilli	-	YES	YES	-
Ginger	-	YES	YES	-
Turmeric	-	YES	YES	-
HERBS				
Artemisia	NO	NO	NO	NO
Berberine	YES	Suppresses	YES	YES
Bramble Leaf	YES	YES	YES	NO
Deglycyrrhizinated licorice root	YES	YES	YES	Reduces gut inflammation
Mastic Gum	YES	YES	YES	YES and helps ulcer healing
VITS & MINS				
Astaxanthin (algae)	POSSIBLY	POSSIBLY	-	YES
Butyric Acid	NO	NO	-	Reduces side effects of antibiotics
Flavonoids	YES	Suppresses	YES	YES
Lactoferrin	YES		YES	Enhances efficacy of antibiotics
Silver	NO	Suppresses	-	Enhances efficacy of antibiotics
N-Acetylcysteine	NO	NO	NO	Decreases inflammation in mice
Vitamin C	YES	NO	YES	YES
Vitamin E	-	-	Reduces damage caused by H pylori	-
Vitamin U	YES	YES	YES	-
Zinc carnosine	YES	YES	YES	-
MISCELLANEOUS				
Bamboo Grass	-	YES	YES	NO
Oligosaccharides	POSSIBLY	-	YES	-
Pine Nut Oil	-	-	-	-
Propolis	-	YES	YES	Enhances efficacy of antibiotics
Red Ginseng	POSSIBLY	POSSIBLY	NO	YES
Thymus caramanicus	YES	YES	YES	-

Special Comments

Extra Virgin Pine Nut Oil

I receive many emails asking whether Extra Virgin Pine Nut Oil is effective in killing H pylori. The answer is "I don't know". In eighteen months of researching H pylori, I have not come across a single study demonstrating its effectiveness. When I have asked for technical information about the product I have been ignored by suppliers and manufacturers. Additionally I have not received a single email from someone who has successfully used the product. This does not mean that it doesn't work; it simply means that I do not know how effective it is.

Probiotics – lactobacillus, etc.

Many people are told by naturopaths to take probiotics. Probiotics are the bacteria that live in our digestive tracts, help maintain a healthy immune system and assist in synthesising vitamins so that they can be absorbed into our bodies.

Studies indicate that taking probiotics can:

- Enhance the effectiveness of triple therapy antibiotics
- Reduce the side-effects of antibiotics
- Assist in killing H pylori

However there are no studies that conclusively prove that probiotics alone are able to eradicate H pylori. When I use probiotics with my clients, I use them after the H. pylori has been killed and after we have dealt with any accompanying yeast or Candida albicans overgrowth. Details on how to use probiotics effectively are provided in *Overcoming H pylori Naturally*.

Key Considerations

Many of the herbs presented in the above table are relatively difficult to find. Careful examination of the research also shows that although there may be spurious claims on the Internet that these herbs kill H pylori, research and clinical observations do not necessarily support these claims.

Added to this, we simply do not know what the optimal amounts of some of these foods and herbs are. For example:

- Do we need 30 or 100 cranberries per day to kill H pylori?
- Do we need to juice them?
- How many meals should we include broccoli in?
- How much olive oil is enough?
- How can we eat enough raw garlic to kill H pylori?

In my experience, foods such as berries, tomatoes, coconut, olive oil, broccoli and garlic as well as certain spices like curcumin (in the spice turmeric) can be eaten freely as part of an overall diet programme to help with H pylori, but they are not strong enough to eradicate the infection completely and may only resolve symptoms to a degree.

How to Ensure That Natural Supplements Work

The Role of Diet

Unfortunately, many people – possibly including you - will never eradicate H pylori until they alter their diet and remove foods that weaken the immune system and cause inflammation in the intestines.

It is beyond the scope of this article to explain how food affects H pylori infection and vice-versa in detail, but I will provide one powerful example:

Wheat, rye and barley are grains that are eaten on a daily basis by most people. Bread, pasta, crackers, pizzas, biscuits, pastry and other baked goods are all examples. There is a protein substance found in these grains called gluten.

Nearly all the people I work with feel better when they eliminate gluten from their diet. In many people, gluten causes inflammation in the small intestine. H pylori also cause inflammation in the small intestine. So gluten and H pylori can cause exactly the same symptoms.

I have seen time and time again that when someone with H pylori takes gluten out of his or her diet, many symptoms just go away even before the H pylori has been eradicated.

I have also seen people who have come to me thinking they have H pylori but the tests have proven negative. On eliminating gluten, all their symptoms have gone away!

If you try to use supplements to kill H pylori and you don't eliminate the foods that commonly cause inflammation in the intestines, the supplements (and / or antibiotics) probably will not work. The inflammation caused by foods will create pockets in the gut lining where H pylori can hide and evade contact with the herbs, oils and other agents that are taken to kill the infection.

This is one of the reasons why many people who have taken supplements such as mastic gum, or antibiotics, without changing their diet still have H pylori. The result is usually a waste of money with no progress made.

How to Douse Digestive Inflammation

Gluten avoidance is the first and probably the most important lifestyle change I recommend to my clients, irrespective of their health complaints. Avoiding gluten is quite a difficult task as it is present in many commonly eaten foods and beverages. I also recommend the avoidance of several other common foods that can often cause inflammation and hide pockets of H pylori.

Advice on how to avoid these foods and replace them with excellent, non-inflammatory and healthier options is provided in my e-book, [Overcoming H pylori Naturally](#).

The influence of diet on your ability to improve your symptoms and clear H pylori is absolutely profound. I encourage you to take diet and lifestyle very seriously so that you avoid taking multiple courses of antibiotics and spending excessive amounts of money on supplements that cannot work until these dietary changes are made.

Supplement Quality

A bottle of Mastic Gum made by *Company A* may be entirely different from *Company B's* product. The quality of supplements on the market varies wildly. Less expensive lines may appear attractive when you see the cost on the label, but what usually happens is that they don't work because the quality of the ingredients is inferior.

When dealing with my own health – including my own H pylori infection in 2007 - I have always preferred to spend money up front, resolve the problem and regain my health as quickly as possible rather than waste money on inferior quality supplements that have much less of a beneficial effect.

I have received many emails from people who have been taking Mastic Gum, sulforafane, colloidal silver, garlic and other supplements for months or even years and yet they still have H pylori and have seen no improvement in symptoms!

Supplement Quantities

Supplement manufacturers tend to err on the safe side when they provide recommendations on their product labels. It is common to see “1-2 capsules per day” on the label. In my experience, the recommendations have to be increased significantly in order to eradicate H pylori. I tend to recommend around three times the dosage on the bottle for an adult (halved for children).

How to Take Supplements

I also like to give clients an option of whether to take their supplements with meals or on an empty stomach. There are advantages and disadvantages of both methods that are beyond the scope of this resource. For a full explanation I recommend perusing my e-book ***Overcoming H pylori Naturally***.

Programme Duration

Finally, it is very important to take supplements for long enough to allow them to have an effect. Most good protocols involve taking mastic gum, bismuth, zinc carnosine or other products for a *minimum* of 60 days. Some people need to be on the products for longer if they have a particularly virulent infection.

The length of the programme will also be heavily influenced by the level of attention paid by each individual to removing inflammatory foods from his or her diet.

Generally, the better the diet, the shorter and less expensive the supplement programme.

Which Specific Supplements?

The most common supplements used to kill H pylori or reduce symptoms are:

- **Bentonite clay** (helps absorb toxins from the gut)
- **Berberine** (a herb found in barberry, goldenseal and Oregon rape that has anti-microbial properties, including against H pylori)
- **Bismuth citrate** (bismuth has recently been shown to enhance the efficacy of pharmaceuticals against H pylori)
- **Deglycyrrhinated licorice root (DGL)** (heals gut; flavonoids in DGL show anti-H pylori activity)
- **L-glutamine** (primary fuel source of stomach cells and used in gut healing and repair)
- **Mastic Gum** (known to exert antimicrobial effects against H pylori)
- **Matula Herbal Formula** (a blend of herbs from South Africa with potent ability to kill H. pylori)
- **Slippery Elm** (the use of slippery elm helps antimicrobial substances penetrate the mucous lining of the gut, enhancing their ability to work against bacteria and parasites)
- **Sulforaphane** (from broccoli seeds and sprouts – has been shown to exert anti-H. pylori effects)
- **Vitamin U** (from cabbage juice – used in Russia for ulcer and stomach-healing)
- **Zinc Carnosine** (new literature shows anti-H pylori activity and ability to heal ulcers)

There are some excellent products on the market containing these agents but it is prudent to take care when you are buying them so as to ensure that the quality of the products is optimal.

Supplement Products and Suppliers

Company	Product Name	Selected Ingredients
Designs For Health	Gastromend HP	DGL, Mastic Gum, Vitamin U, Zinc Carnosine
Thorne Research	Formula SF-734	Bismuth, Berberine, Bentonite Clay, DGL
Biotics Research	Bio-HPF	DGL, bentonite clay, slippery elm, Bismuth, Berberine
Metagenics	Zinlori 75	Zinc carnosine
Allergy Research Group	Mastica	Mastic Gum
Kalish Research	Clear 4 Mastic Clear 5 Gastronew	Mastic Gum, Bismuth, Berberine DGL & L-glutamine
Jarrow Formulas	Broccomax Mastic Gum Pepzin GI	Sulforaphane Zinc Carnosine

Specific Protocols

As you can see, there are many different products, each containing common active ingredients. Making sense of these supplements and putting them into sensible and easy to manage protocols is important.

To help you, I have developed three highly effective protocols in the ***Overcoming H pylori Naturally*** e-book for those of you who feel that a natural approach is appropriate for your situation.

The protocols are designed to make it easy for you to purchase and use the products in your country. Supplement suppliers and approximate pricing are also included for the protocols.

It's important to note that these protocols can be used alongside antibiotics, but that DGL should never be used at the same time as antibiotics because it coats the lining of the stomach and may make the antibiotics less effective.

The reason I have not provided the protocols for you here - and I am sorry to keep mentioning this - is simply that without appropriate dietary changes, the supplements will be anywhere near as effective.

Supplement Availability

The availability and prices of the products I have discussed vary according to the country you are living in. The products tend to be less expensive in the US and relatively more expensive in the UK & Europe. Some products are not available in countries such as Australia, although they can be ordered from US sites via the Internet.

Remember to take into account shipping costs. Some companies only use express couriers such as DHL and UPS and the shipping fees can be more expensive than the supplements themselves. I discovered this at great cost to myself several times and have designed the protocols in *Overcoming H pylori Naturally* to help you source the most cost-effective solution in your country.

My Favourite Product

I was able to clear my H pylori using Matula Herbal Formula. I was very sceptical of this product when I first found it on the Internet. You will no doubt agree that the Internet is full of people, products and services that may or may not be credible!

When I found Matula, I spent two to three hours on the phone to the company and it soon became apparent to me that they have a genuine desire to help people and also have a very high level of knowledge regarding H pylori. They had also rigorously tested Matula both *in vitro* and *in vivo*. I have since seen the technical data from these trials as well as holding conversations with medical doctors who have observed the beneficial effects of the Matula.

You can purchase Matula Herbal Formula from www.perfect-natural-health.com for around \$160.00. This may seem like a lot of money, but the Matula works in 30-days (or sometimes even quicker). If you use Mastic, zinc-carnosine, bismuth and the other products I have discussed, you will need to take them for at least 60-days and will often need to buy 4-6 bottles of each product in order to eradicate the H pylori and even after that time you are not guaranteed to clear the infection.

Cost Comparisons for Effective Supplement Protocols

Example US Cost Comparison:

Programme	Duration	No. bottles needed	Cost Per Bottle	Total RRP Cost*
Gastromend - HP	Minimum 60-days	4	\$40.00	\$160.00
Mastic Gum & Bio-HPF	Minimum 60-days	3 2	\$45.00 \$38.50	\$135 \$77 = \$212.00
Matula Herbal Formula	30-days	1 (box)	\$159.95	\$159.95

*Note that some sellers may offer discounts on products.

Example UK Cost Comparison:

Programme	Duration	No. bottles needed	Cost Per Bottle	Total RRP Cost
Gastromend - HP	Minimum 60-days	4	£43.86	£175.44
Mastic Gum & Bio-HPF	Minimum 60-days	3 2	£31.13 £32.43	93.39 64.86 = £158.25
Matula Herbal Formula	30-days	1 (box)	£102.16	£102.16 <small>*correct as per exchange rate with US\$ on Nov 10, 2008</small>

Note that if you are in the UK you may order from overseas although shipping costs tend to be higher and any savings may be compromised by shipping fees.

When H. pylori isn't Actually H pylori At All

H pylori is not the only organism to infect the digestive system. Many other 'bugs' can get into the digestive system and set up residence there. I have known a number of cases where people have

been treated for H pylori only to find that they actually have a completely different infection when they run stool testing through my office.

I regularly find blastocystis hominis, giardia, cryptosporidium, candida, and other infections in my clients and sometimes people are harbouring these organisms as well as H pylori. A long term H pylori infection and lowering of stomach acid allows these other organisms to pass safely through to the intestines where they are able to colonise.

These other infections cause many overlapping symptoms – gas, bloating, headaches, diarrhoea, etc - and are therefore hard to distinguish from H pylori. I therefore recommend running high quality stool testing where possible.

Below is a list of common digestive infections that I see in my clinic on a regular basis, courtesy of Diagnos-Techs laboratory:

Results of stool specimens examined for intestinal parasites by U.S. State Public Health Laboratories, 1987			
Organism	No. of stool specimens with the organism	Percentage of stool specimens with the organism	No. of State Laboratories with the organism identified
Protozoa:			
Giardia lamblia	15,497	7.2	49
Entamoeba coli	9,146	4.2	49
Endolimax nana	9,086	4.2	47
Blastocystis hominis	5,685	2.6	31
Entamoeba hartmanni	3,069	1.4	38
Entamoeba histolytica	1,841	0.9	45
Iodamoeba buetschlii	1,275	0.6	37
Dientamoeba fragilis	1,142	0.5	24
Chilomastix mesnili	542	0.3	27
Cryptosporidium sp.	499	0.2	25
Trichomonas hominis	21	<0.1	10
Isospora belli	14	<0.1	7
Balantidium coli	7	<0.1	3
Unspecified protozoa	184	0.1	2

In addition to those infectious organisms in the above table, we sometimes see Clostridium difficile, roundworm, tapeworm, Toxoplasma and other 'bugs'.

The foundational programme when dealing with these infections is the same as it would be for H pylori, i.e. the anti-inflammatory diet. In fact, the same dietary programme can be successfully applied irrespective of the exact infection. In my experience, it is very hard to clear any of these infections without adopting the appropriate dietary changes.

Conclusion

Many different foods, herbs, vitamins and minerals have been shown to exert an anti-H pylori effect. The natural protocols can be used alongside conventional antibiotics or as a replacement for them.

However, there are no concrete recommendations on how to use these agents in a structured programme.

In order for these natural products to be effective, it is important to know:

- Which brands provide the highest quality supplements?
- What is the correct dosage for each product?
- What is the most appropriate duration of the programme?
- Which is the most cost-effective option?

As you will now be aware, for the natural healing protocols to be effective, attention must be given to diet and lifestyle so that intestinal inflammation is reduced and immune function is improved. Paying attention to diet also ensures that you maintain optimal health after the infection has been cleared.

I have personally had the highest level of success using Matula Herbal Formula, which is available at www.perfect-natural-health.com.

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Overall Summary & Recommendations

- H pylori can be eradicated using either antibiotics or a natural approach
- If you have taken antibiotics and they have not worked, do not take the same antibiotics again. Ask your doctor to prescribe a different course of Triple Therapy or ask whether he or she knows about Sequential or Quadruple Therapy.
- If you have tried natural products without success, you may simply need to adjust the programme and structure it in a more appropriate manner. Natural programmes do work if they are used correctly.
- Stool antigen testing to determine the presence of other infections is very helpful in determining why symptoms may not be improving.
 - **Antibiotics**
 - Can work quickly – 7-14 days.
 - Inexpensive in UK – cost of a prescription.
 - Covered in US by medical insurance, but relatively expensive if no insurance (\$200-\$300).
 - Can cause unwanted side-effects and worsen symptoms.
 - Only have a 50-70% success rate as H pylori strains are becoming resistant
 - If used once, they become completely ineffective for further use
 - Reduction in good bacteria and Candida overgrowth.
 - **Natural Programmes**
 - Must be used in a structured manner in order to be effective.
 - Should be accompanied by dietary and lifestyle changes in order to yield highest success rates.
 - Can be expensive if used on an *ad hoc* basis.
 - Can clear H pylori in 30-60 days if used correctly.
 - Do not encourage Candida overgrowth to same degree and do not kill good bacteria in gut.
 - Can kill Candida and replenish good bacteria.
 - If dietary changes are made, many symptoms will clear even before H pylori are killed.
 - Can enhance antibiotics.

Overcoming H pylori Naturally

If you would like to try a scientifically-based and proven natural programme, either as an adjunct to your antibiotic therapy or as a standalone option, please read my e-book, *Overcoming H pylori Naturally*, which is available from our Shop at www.h-pylori-symptoms.com.

Laboratory Testing

Our office provides laboratory testing and natural programmes for H pylori and other digestive infections. These services are available worldwide. Please contact us for details.

www.h-pylori-symptoms.com

office@h-pylori-symptoms.com