Clove and Cinnamon are particularly effective against the H. pylori bacterium that often causes ulcers.

*Bharampravati et al: Extracts of spice and food plants from Thai traditional medicine inhibit the growth of the human carcogenic Helicobacter pylori. Indian J Ophthalmol 2009 May-Jun;57(3):185-9


Coconut Water or Coconut Milk helps prevent ulcers and reduces the toxic effects of aluminum poisoning. By replacing part of omega-6 fatty acid supplementation with medium-chain fatty acids of Coconut, colitis attacks are decreased.


Colic in infants is a legitimate digestive complaint caused by a variety of reasons. A safe herbal treatment was found to be effective within one week by using Fenugreek, Fennel and Melissa (lemonbalm). A weak tea can be fed to the infant, if possible, and/ or taken by the breast-feeding mother.


Cow milk elimination helps infants overcome GERD that is not responsive to medications. Probiotics also help with infant and adult GERD (see below).


Curcumin (the active substance in Turmeric) reduces a number of chemicals that lead to colitis and damage the digestive tract. Since much of what we consume or put on our bodies have loads of chemicals, it is wise to take Curcumin as a supplement or use Turmeric in cooking as often as possible in order to decrease the harm caused by chemicals.


*Camacho-Barquero et al: Curcumin, a Curcuma longa constituent, acts on MAPK p38 pathway modulating COX-2 and iNOS expression in chronic experimental colitis. Int Immunopharmacol 2007 Mar;7(3):333-42


*Hanai & Sugimoto: Curcumin has bright prospects for the treatment of inflammatory bowel disease. J Lab Clin Med 1997 Dec;130(6):576-84


*Ukil et al: Curcumin, the major component of food flavour turmeric, reduces mucosal injury in trinitrobenzene sulfonic acid-induced colitis. Br J Pharmacol 2003 May;139(2):209-18
*Venkataramanna et al: NCB-02 (standardized Curcumin preparation) protects dinitrochlorobenzene-induced colitis through down-regulation of NFkappa-B and iNOS. World J Gastroenterol 2007 Feb 21;13(7):1103-7
*Zhang et al: Curcumin inhibits trinitrobenzene sulfonic acid-induced colitis in rats by activation of peroxisome proliferator-activated receptor gamma. Int Immunopharmacol 2006 Aug;6(8):1233-42

**Damiana** is an herb that has significant antacid and anti-ulcer effects.


**Dandelion, Fennel, Lemonbalm, Marigold (Calendula), St. Johns Wort** are herbs that effectively treat colitis and diarrhea.


**Dates** are comparable to lansoprazole in preventing gastric ulcers.


**Diet rich in fruits, vegetables and fiber** significantly decrease digestive disorders including Barrett’s esophagus, as well as all types of cancers (see separately), diabetes, and heart disease.

**Digestive Enzymes** and/or **Hydrochloric acid** (Hcl) at every meal enhances digestion and the immune system.

- Bohager 2009:65-69

**DGL** (deglycyrrhized licorice root) before a meal helps protect the stomach lining especially if there is an ulcer present.

- Russell et al: Studies on the protective effect of deglycyrrhizined liquorice against aspirin (ASA) and ASA plus bile acid-induced gastric mucosal damage, and ASA absorption in rats. Scand J Gastroenterol Suppl 1984;92:97-100

**Dong quai** (Angelica sinensis), also known as the female ginseng, naturally increases estrogen levels but it also decreases the effects of ulcerative colitis.


**Ellagic acid**, found in red raspberries, has the same effect as PPIs but without the side effects.


**Essential oils** have gastro-protective effects; help to regulate bowel flora; improve digestion; and some are effective in preventing H. pylori. They can safely be taken internally by adults or children although infants should be massaged with the oils in a carrier oil instead of giving internally: Caraway, Fennel, Lavender, Lemon, Marjoram, Neroli, Nutmeg, Orange, Oregano, and Peppermint (especially effective).

*May et al: Efficacy and tolerability of a fixed combination of peppermint oil and caraway oil in patients suffering from functional dyspepsia. Aliment Pharmacol Ther 2000 Dec;14(12):1671-7

**Fish oil, FOS (prebiotic food), Soluble fiber, Gum arabic and Antioxidants** reduce the need for steroids in ulcerative colitis.


**Flavonoids** (bioflavonoids) are the what give fruits and vegetables their colour. They have a wide variety of health benefits include gastro-protective effects.


**Gallstones** (as well as liver and kidney stones) are signs of poor digestion. They can be eliminated using various techniques including Garlic oil or Chanca piedra (Spanish for “stone crusher”).

*Moritz: The Liver and Gallbladder Miracle Cleanse, Ulysses Press, 2007
*Raintree Tropical Plant Database - www.rain-tree.com/chanca.htm

**Ginger** is a valuable herbal root that prohibits ulcer formation, protects the digestive tract from aluminum damage, and is up to eight times more effective than lansoprazole.

*Nanjundaiah et al: Gastroprotective effect of ginger rhizome (Zingiber officinale) extract: role of gallic acid and cinnamic acid in H+, K+-ATPase/H. pylori Inhibition and anti-oxidative mechanism. Evid Based Compl Alt Med 2009 Jul 1

**Ginkgo biloba** is an herb often used to improve memory (mainly because it improves circulation). It also has anti-inflammatory effects that help reduce colitis symptoms.

*Kotakadi et al: Ginkgo biloba extract EGB 761 has anti-inflammatory properties and ameliorates colitis in mice by driving effector T cell apoptosis. Carcinogen 2008 Sep;29(9):1799-806
**Glucosamine** is an essential sugar required by many cells in the body for proper functioning. It is effective for decreasing the effects of such autoimmune disorders as inflammatory bowel diseases and arthritis.

- Russell: Glycoaminoglycan (GAG) deficiency in protective barrier as an underlying, primary cause of ulcerative colitis, Crohn's disease interstitial cystitis and possibly Reiter's syndrome. Med Hypoth 1999 Apr;52(4):297-301
- www.innvista.com/health/nutrition/sugars/glucosamine.htm

**Glutamine** is a non-essential amino acid that plays a role in gut-healing, especially after a bowel resection or in premature infants. Along with Arginine (another amino acid), Honey or Curcumin, Glutamine’s effects are increased.

- Kul et al: Enteral glutamine and/or arginine supplementation have favorable effects on oxidative stress parameters in neonatal rat intestine. J Pediatr Gastroenterol Nutr 2009 Jul;49(1):85-9
- Rapin & Wiernsperger: Possible links between intestinal permeability and food processing: A potential therapeutic niche for glutamine. Clinics (Sao Paulo) 2010 Jun;65(6):635-43

**Goldenseal** and **Bloodroot** are herbs that inhibit the H. pylori bacteria, often the cause of stomach ulcers.


**Grapes** protect against the H. pylori bacterium. Buy only **organic grapes** as they are #7 on the list of foods that are highest in pesticides, which are known carcinogens.


**Hawthorn** is an herb often used to strengthen the heart muscle but it also has other multi-beneficial effects including gastro-protective.


**Homeopathic treatment** in areas of anxiety, depression, and irritable bowel proves to be more than 75% positive.


**Honey** (non-pasteurized or Manuka), **Olive oil**, and **Beeswax** is a safe and effective combination to use on painful hemorrhoids or anal fissures that often develop after prolonged digestive problems. **Manuka honey** is an effective rehydration additive for infants and children after a bout of gastroenteritis; lessens inflammatory bowel
Acid Blockers

Nature's Pharmacy: Evidence-Based Alternatives to Drugs

diseases; and helps overcome stomach ulcers caused by H. Pylori (warning: it will also feed Candida yeast that often accompanies H. pylori). Use only unpasteurized or Manuka honey as the average “grocery store honey” is not real honey and therefore, not medicinally effective.


Indian Oyster Mushroom reduces colitis inflammation.


Iron supplements are often necessary but can aggravate colitis. Vitamin E can lessen these effects but iron supplements should always be taken with food. Some forms are easier to absorb than others but which ones depends on the person. Ferrous fumarate is a form often prescribed and very difficult to absorb with most causing constipation. Because of poor absorption, iron deficiency anemia is common in those with celiac disease, H. pylori and GERD.

*Erichsen et al: Low-dose oral ferrous fumarate aggravated intestinal inflammation in rats with DSS-induced colitis. Inflamm Bowel Dis 2005 Aug;11(8):744-8

Japanese apricots lessen the effects of ulcerative colitis and help heal stomach lesions caused by H. pylori.

*Singh et al: Exploring the ameliorative potential of Punica granatum in dextran sulfate sodium induced ulcerative colitis in mice. Phytother Res 2009 Apr 15

Magnesium deficiency can cause seizures in those taking PPIs for a long time.


Mango flowers and leaves protect the gastric system and help heal ulcers.

**Mangosteen** is a fruit with numerous health benefits including anti-inflammatory and analgesic (pain-relieving) action.


**Melatonin** not only can be used to induce sleep but provides a safe and effective alternative to PPIs; improves symptoms of colitis and GERD (gastroesophageal reflux disease); reduces aging effects in the digestive tract; and decreases gallbladder inflammation.


**Melatonin** and **Curcumin** protect against the development of medication-induced gastric ulcers.


**MSM** (methylsulfonylmethane) is a non-odourous sulfur compound and metabolite of DMSO. Derived from either wood pulp or fossil fuels, it is nearly impossible to determine which supplement comes from which source. However, it appears to have anti-inflammatory effects for colitis and osteoarthritis.


**Neem** is an herb with natural anti-microbial properties and therefore useful in preventing bacteria-caused ulcers as well as having other gastro-protective effects.


**Noni fruit** controls nausea and vomiting after surgery. It also decreases symptoms of reflux esophagitis and gastric ulcers.


**Olive leaves** (yes, from the olive tree) have numerous health benefits including preventing the development of non-alcoholic fatty liver.

Orange or Lemon juice helps reduce the formation of kidney stones better than potassium citrate. Stones are often a sign of poor digestion and made worse by antacids.


Papaya fruit (unripened) has beneficial effects on gastric ulcers. It is able to detoxify gliadin, a protein found in wheat that an increasing number of people are unable to digest.

*Cornell et al: Papaya latex enzymes capable of detoxification of gliadin. Amino Acids 2009 Jan 21

Papaya leaf extract protects the gastric system and has antioxidant effects similar to vitamin E.

*Protective effect of Carica papaya L leaf extract against alcohol induced acute gastric damage and blood oxidative stress in rats. West Indian Med J 2008 Sep;57(4):323-6

Pectin liquid helps overcome GERD in children with cerebral palsy.


Peppermint oil eases irritable bowel symptoms.

*May et al: Efficacy and tolerability of a fixed combination of peppermint oil and caraway oil in patients suffering from functional dyspepsia. Aliment Pharmacol Ther 2000 Dec;14(12):1671-7

Pineapple juice (fresh) has natural enzymes that decrease inflammatory bowel symptoms.

*Hale et al: Dietary supplementation with fresh and colonic neoplasia in IL-10-deficient mice with colitis. Inflamm Bowel Dis 2010 Dec;16(12):2012-21

Pomegranates are fruits that protect the digestive tract from alcohol and aspirin-induced damage and prevents the kidneys from forming stones. Pomegranates also increase good bacteria (probiotics) which are vital for good digestion and the immune system.

Probiotics improve digestion and inflammatory bowel conditions in adults and infants; strengthen the immune system in adults and infants; play an important role in the prevention of superbugs and various autoimmune disorders; are more effective and safer than simethicone for colicky babies.

- Mohamadzadeh & Owen: Reprogramming intestinal immunity is the answer to induced pathogenic inflammation. Immunoother 2011 Dec;3(12):1415-7
Psyllium is a soluble fiber that often helps to correct digestive disorders and proves to be as effective as mesalamine (an anti-inflammatory drug) for treating ulcerative colitis.

Psyllium, Mint, Coriander, and Lemonbalm are all effective for treating IBS (irritable bowel syndrome).
Acid Blockers

Red Yeast Rice is usually given to lower cholesterol levels but it can also increase bile acid excretion which helps digestion.

Red Yeast Rice

Reishi mushrooms speed the healing of acid-induced ulcers.

Resveratrol and Piceatannol (a metabolite of Resveratrol) are powerful antioxidants that prevent colitis and reduce the risk of colon cancer often associated with severe and prolonged colitis.

Rooibos Tea is native to South Africa and used for centuries to relieve spasms and help calm a hyperactive gastrointestinal tract. It is safe even for babies.

Sage and Red Sage have the same effects as PPIs but without the side effects and should not be taken with other PPIs.

Slippery elm bark is soothing to the digestive tract.

Spices improve the intestinal villi quality which is vital for proper nutrient absorption. Spices tested included black and red peppers and ginger.

Spirulina is a blue-green algae derived from aquatic cyanobacteria, Arthrospera platensis (Africa, Asia, South America), Arthrospera pacifica (Hawaiian Islands) or Arthrospera maxima (Central America). It has long been used for its many health benefits including the prevention and healing of bowel inflammations. One reason may be its Selenium and B12 content which are deficient in those with colitis.
Sprouted Barley improves inflammatory bowel conditions. When grains, seeds and legumes are sprouted (germinated), the effect improves the availability of nutrients, sometimes increasing their nutrient content. The process also improves the digestion of the fiber which makes a good food source for probiotics and called prebiotics.

Steam cooking improves the bile acid-binding effects of foods.

Teas (herbal) after a meal help digestion of adults and improves infantile colic. Drops of Essential oils can also be put into hot water and taken as a tea: Fenugreek, Fennel, Ginger, Melissa, Peppermint are the most effective either as an herbal tea or an essential oil.

Water safely and effectively reduces stomach acids without the use of medications. It is best to drink filtered water and not tap water.

Wheatgrass juice is an effective treatment for ulcerative colitis.
Yacón root is native to the Andes mountains and showing promise in several health areas. Its prebiotic properties have beneficial effects in treating colitis by stimulating the growth of the protiotic Lactobacillus and Bifidobacterium strains.

ACNE

COMMON EXAMPLES:

- tretinoins (retinoids)
- adapalene [Differin]
- isotretinoin [Accutane]
- tazarotene [Tazorac, Avage, Zorac]
- tretinoin [Retin-A, Vesanoid]

steroid creams, lotions, ointments (see even more Depletions from that list)

Antibiotics are often prescribed (see even more Depletions from that list)

... and others

DEPLETE:

A, E, zinc (the very nutrients needed to improve skin conditions)

SUGGESTED ALTERNATIVES:

AVOID!

끼 Dairy (there are over 60 hormones in dairy including raw, organic milk) and watch the sugar/carbohydrate/fat intake

*A: Acne: Are Milk and Sugar the Causes? By Mark Hyman, MD, online article in the Huffington Post
Fast food

*Litt: McDonald’s Acne. Arch Dermatol 1974;110(6):956

Chocolate (high fat content)


Alternative and Complementary medicine is preferable to acne-sufferers than conventional medicine.


Antioxidants reduce acne and skin aging. Acne can appear at any age as a result of hormonal changes, poor diet, or stress. Antioxidants improve skin conditions of all age groups and include vitamins E and C, CoQ10, alpha-lipoic acid, glutathione, and others. A diet containing plenty of fresh fruits and vegetables, fermented soy products, goji berries, flaxseed and borage oils, aloe vera, and pomegranates have proven to be important along with exercise.

*Cho et al: Dietary aloe vera supplementation improves facial wrinkles and elasticity and it increases the type I procollagen gene expression in human skin in vivo. Ann Dermatol 2009 Feb;21(1):6-11
*Lacroix et al: Supplementation with a complex of active nutrients improved dermal and epidermal characteristics in skin equivalents generated from fibroblasts from young or aged donors. Gastroenterol Hepatol 1997 Apr;20(4):172-4
*Reeve et al: Mice drinking goji berry juice (Lycium barbarum) are protected from UV radiation-induced skin damage via antioxidant pathways. Photochem Photobiol Sci 2010:9:601-607

Beta carotene (vitamin A) and Vitamin E play important roles in reducing and preventing acne.


Brewer’s Yeast (Saccharomyces cerevisiae) is not the same as Candida yeast and, therefore, a beneficial food high in trace nutrients, especially the B-vitamins.