

Why do people get stomach ulcers? How do you get rid of them?

The answer to the “why” is more complex than the “how” because there are many things that cause ulcers as far as life stresses, but the “cure” is usually fairly easy, providing the person is motivated to change.

The motivated to change part is important because when life has lost its sweetness, then the stomach becomes the outcome of worry. What people worry about is usually out of their hands anyway, but until it is realized then the stomach becomes the hub in which people try to control. The stomach gives us signals and as the “earth element” in Chinese Medicine, can “ground” us by keeping the digestive juices flowing to breakdown proteins so we can repair our body at night while we sleep. The signals can come in many forms like gurgling, gas, twinges, the famous “butterflies” when we are anxious etc. If the food is offensive to our stomach and we get acid indigestion and we keep eating those foods but use a lot of stomach acid “suppressants” in the form of medication etc., then the stomach acid loses its “acid pH” and bacteria can grow in the mucosa membrane of the stomach wall creating an ulcer.

So on the physical side H. pylori has been identified as the culprit, but in reality it is only the scapegoat. Slow down enjoy your meals. Eat in silence. Try Yoga or Tai Chi to de-stress. Set your priorities. Do fun activities. Allow yourself permission to be the person you were meant to be...a child in an adult body....let the child in you come out and play. Then your stomach acid can be the right pH and keep the tissues in your body the right pH which will help you avoid more serious diseases like cancer.

Sure you may need something physical if your condition has progressed to the point of severe pain or even moderate pain. You can use cayenne pepper, marshmallow herb, slippery elm, licorice, plantain, shephard’s purse, aloe vera etc. Human microflora strains of lactobacillus acidophilus are also helpful to “crowd” out the offending H. pylori, but you may need something more aggressive to attack it directly like Silver (ultra-violet particle-sized silver) or Goldenseal herb or even Sage.

Herbs can help, but release your worry and let the “butterflies” out!