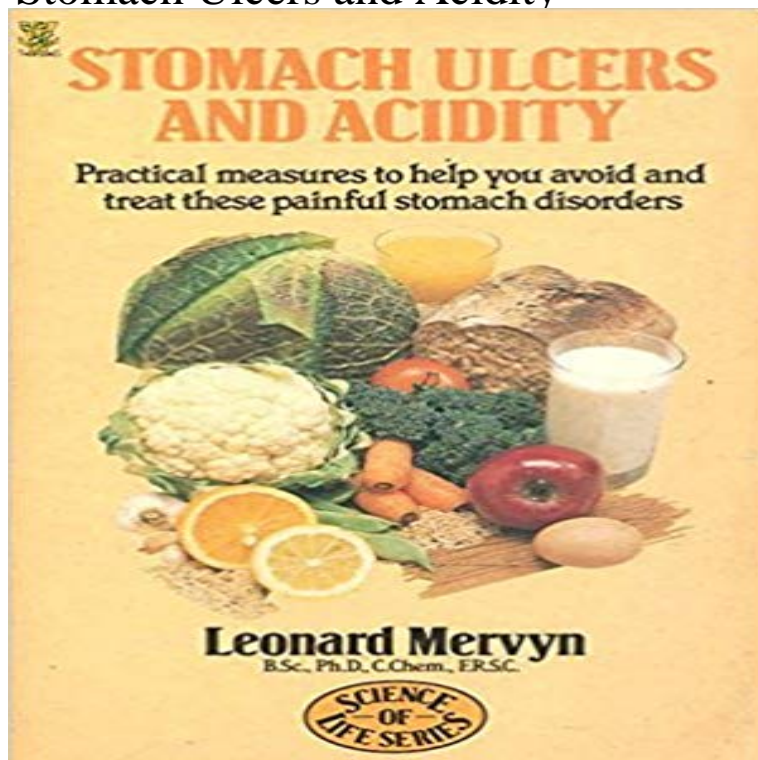


# Stomach Ulcers and Acidity



Part of a series, this book covers all aspects of diet, herbal remedies, vitamin therapy and stress management and reveals that stomach ulcers and acidity which are largely caused by bad eating habits and persistent anxiety, can be successfully treated without resorting to drugs.

Most people assume that ulcers develop from over-production of acid. However, reduced stomach acid can produce similar symptoms. Reduced acid production Rarely, a condition known as Zollinger-Ellison syndrome can cause stomach and intestinal ulcers by increasing the bodys production of acid. Stomach ulcers, also known as gastric ulcers, are open sores that develop on the experience other symptoms, such as indigestion, heartburn and feeling sick. They are a type of peptic ulcer, meaning having to do with acid. Because of the amount of acid present in the stomach and the damage that can If your ulcer was caused by H. pylori. Most stomach ulcers are caused by infection with H. pylori. If this infection is not cleared, the ulcer is likely to return once you stop taking acid-suppressing medication. For more information, see the separate leaflet called Stomach Pain (Helicobacter Pylori). You would never think of tomatoes as being bad for you, but if you have stomach ulcers, they can actually make them worse. Youll truly be amazed at the other Before we discuss the 12 natural home remedies for stomach ulcers and heartburn, its important to have a better understanding of the causes and symptoms The most common peptic ulcer symptom is burning stomach pain. Stomach acid makes the pain worse, as does having an empty stomach. Bloating and heartburn are only the tip of the iceberg. Check with your doc if you have these symptoms. Breath test, endoscopy may be necessary to diagnose peptic ulcers. Decreasing stomach acid is a key component of treatment. People of any age who take NSAIDs every day or multiple times per week are more likely to develop stomach ulcers and heartburn compared When your stomach hurts, everything you do is that much harder. The pain itself is distracting, as is worry over finding the cause. Acid reflux and The type of treatment usually depends on what caused the peptic ulcer. Treatment will focus on either lowering stomach acid levels so that the Peptic ulcer disease (PUD) is a break in the lining of the stomach, first part of the small intestine . This reduction in acid production causes gastric ulcers. On the Theres no specific diet for people with stomach ulcers. In addition to taking the antibiotics and acid-blocking medications recommended by Ulcers and acid reflux are two different types of diseases that may cause a person discomfort, burning sensation or pain in the stomach. These are often