

# Dear Jacquie

Your queries about natural health answered by **Jacquie Lane** from the College of Naturopathic Medicine

**Dear Jacquie,**  
My dad had a peptic ulcer and has just finished medication from the GP. What causes it, and what can he do naturally to prevent it coming back?  
TF, Brighton

An ulcer is damage to the inner lining of the stomach or the upper part of the intestine (duodenum).

A bacteria called *Helicobacter pylori*, a spiral-shaped bacterium that lives in the acidic environment of the stomach is the main cause of ulcers in 80 to 90 per cent of cases.

The second most common cause is damage inflicted by pain killers such as aspirin and ibuprofen and other anti-inflammatory tablets (NSAIDs). Ulcers can also occur in people weakened by severe disease. This is thought to result from poor oxygenation to the lining of the stomach. Rarely, a stomach ulcer is caused by excessive production of hydrochloric acid in the stomach or a condition called Crohns disease.



Can anything help prevent an ulcer coming back?

Your dad could put himself in the best position to prevent it by:

- Stopping both smoking and drinking alcohol
- Seeking advice before taking any NSAIDs

- Changing his lifestyle by reducing stress and exercising for at least 20 minutes a day
- Changing to an alkaline balancing diet based on fresh organic vegetables and fruits, and plenty of clear fluids. He needs enough good fats in the diet through nuts, seeds and fish (eat oily fish three times a week), to reduce his salt intake and cut down on processed foods.
- Taking supplements to boost his immune system such as antioxidants, probiotics, immune boosting herbs etc.

Some people say that portion control and eating six small meals a day helps. Other people avoid certain food combinations in one meal, e.g. carbohydrates and proteins together, to help the stomach break down and digest food more easily.

Some natural remedies have been tested with good results in eradicating the *Helicobacter* bacteria. Your dad should ask his Naturopathic Practitioner for detailed advice.

*If you have a general health query that you would like to raise here you can email Jacquie at [healthqueriesforWave@naturopathy-uk.com](mailto:healthqueriesforWave@naturopathy-uk.com). Please note that Jacquie cannot enter into individual correspondence unless your query is chosen for publication.*

*See your health professional for advice*



*Jacquie Lane is a lecturer at the College of Naturopathic Medicine (CNM) and the Director of Studies at CNM in Brighton. Jacquie also runs her own nutrition clinic in Brighton and manages a biological testing lab specialising in digestive issues.*

## CNM open evening

If you would like to train to become a nutritional therapist, please book to attend CNM's next open evening in Brighton on 01342 410505, [www.naturopathy-uk.com](http://www.naturopathy-uk.com)

**CNM** COLLEGE OF NATUROPATHIC MEDICINE

## CHANGE CAREER

Train to become a

- Nutritional Therapist
- Acupuncturist
- Naturopath
- Homeopath
- Herbalist

College locations include London & Brighton

Call now to book your free place at our next **Brighton Open Evening** or to request more information

FREE ENTRY

**01342 410 505**  
[www.naturopathy-uk.com](http://www.naturopathy-uk.com)

Short courses and Postgraduate courses available in additional natural therapies.