



Stomach Pain Relief at Last: Natural Remedies for Ulcers, Heartburn, Gastritis, Gas and Bloating Symptoms Associated with an H. pylori Infection: Stomach Health

Sonia Ray

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Tired of Suffering from Stomach Pain?

I was too. I was tired of endlessly taking OTC drugs for my stomach problems such as:

- Antacids
- H2-blockers
- Proton-pump inhibitors

These drugs only masked my symptoms, not treated the cause.

I was also tired of waking up with stomach pain and going to bed with stomach pain. I forgot what it was like to enjoy food and the pleasure of eating with friends and family.

Even prescription drugs did not work. And the last thing I wanted was to try the horrid, conventional triple or quad therapies with loads of antibiotics to make me feel even more miserable.

Do these symptoms sound familiar?

- Burning or gnawing abdominal pain
- Excessive burping
- Feeling bloated
- Loss of appetite
- Black stools
- Nausea
- Vomiting
- Weight loss
- Heartburn
- Fatigue

If so, you may be suffering from an *Helicobacter pylori* infection. More than half the world's population is infected with the *H. pylori* bacterium, so it is not a rare condition.

Looking for Alternative Natural Treatments?

I don't start taking natural remedies on blind faith. I have a scientific background in environmental biology so I understand the importance of scientifically-based, statistically-significant proof from peer-reviewed research vs opinion or unproven, anecdotal experiences.

Sure, you can find lots of info on the web about using this or that natural remedy to kill *H. pylori*, but how do you know if it's correct? You should never take an alternative remedy based solely on manufacturer claims and/or because "Suzy" in the upset-stomach forum said it worked for her.

I spent a lot of time on the web over the years doing research, weeding through lots of unreliable, anecdotal information to reading actual scientific journal articles. And not just the abstract summaries or introductions of articles, I read through many sections of material and methods, results and discussions to make sure I understood the research process and conclusions of proof for *H. pylori eradication* and/or ulcer healing.

I have summarized my findings in this book, letting you know what works and what does not. Hopefully, this will save you some time so you can stop suffering and start healing as soon as possible. Many of these natural remedies are also good for digestion in general, and will help prevent and alleviate most kinds of stomach upset.

Want To Know More?

Start learning about natural treatments for your stomach pain today. Scroll to the top and download *Stomach Pain Relief At Last*

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Claudia Chittum:

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Lorraine Wheat:

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Susan Bondurant:

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