

GI SHEET

Alternatives for H. Pylori treatment

* Melatonin 6mg

* Pepsin with Betaine Hcl – *take one with each meal*

Probiotics

D-limonene (orange peel extract)

L-tryptophan

L-methionine

Vitamin B6 Vitamin B12

Folic Acid

*Garlic

*Ginger

Cabbage Juice

Apple Cider Vinegar

Probiotics

Mastic Gum

Cayenne Pepper

Cranberry

Olive leaf extract

DGL (licorice)

* Extra Virgin Olive Oil

* Fermented Cabbage – *homemade kraut (not heated or canned)*

Rhubarb

Foods to avoid – ethanol, caffeine, eggs (especially if raw), gluten, food sensitivities