

A glass jar of orange juice, a halved papaya, a whole pineapple, and a lime slice on a grey surface.

Stop the Cycle on *Helicobacter pylori*

NATURAL TIPS TO HELP
REGAIN YOUR LIFE AFTER
H.PYLORI INFECTION

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H. PYLORI 101

Breaking it down...

What is Helicobacter Pylori?

Helicobacter Pylori, commonly referred to as **H. Pylori**, is a gram-negative, microaerophilic spiral-shaped bacterium classified as a Group I carcinogen by the WHO and associated with peptic ulcers, mucosa-associated lymphoid tissue lymphoma, and gastritis. This bacteria is extremely prevalent, with approximately two-thirds of the global population carrying it in their gut.

Characteristics and Effects

1. The spiral shape of H. Pylori enables it to penetrate the stomach's mucus lining.
2. It thrives in the stomach's harsh acidic environment, making it difficult to eliminate and prone to overgrowth.
3. The bacteria makes an enzyme called urease. This enzyme makes your stomach acids less acidic. It also weakens your stomach's lining. Your stomach cells then have greater risk of being hurt by acid and pepsin, strong digestive fluids. This often results in sores, inflammation, or ulcers in both the stomach and duodenum.

What the science says

- H. Pylori manifests differently in each individual; while many experience no symptoms, others may face serious complications and dangerous side effects.
- This bacteria is highly contagious, making it crucial to practice good hygiene, such as washing hands and avoiding the sharing of utensils, particularly for those with recurring infections.
- H. Pylori infections can lead to long-term health and nutritional issues by restricting and changing one's capacity to enjoy a diverse range of healthy foods.
- The prolonged recurrence of H. Pylori may elevate the risk of developing stomach cancer.



In short.....

Helicobacter Pylori can cause serious infections in some people.

Preventing and fighting infections of H. Pylori may sound hard but luckily, there are *a lot* of ways to combat the reoccurrence of H. Pylori and stop the cycle.

In this guide, we'll cover the top dietary and lifestyle habits to help you recover from an infection, rebuild your gut after treatment, and help prevent reoccurrence in the future.

TOP EATING TIPS

Support your treatment

During treatment (the 1st 45 days)

During the acute stage of an infection with H. Pylori your digestive system is inflamed and irritated. Treatment protocols are different during this stage because the goal is to calm and heal the acute damage and kill the bacteria.

A **low-residue diet** is essential during this stage.

Remember.....

This diet is **temporary** and not permanent!

This diet is designed to lower inflammation in the stomach and allow it to start to heal, it is **not** a longterm solution for health.



Focus on These Foods

honey	bone broth
cooked vegetables	olive oil
white rice	cooked red cabbage
bananas	cooked carrots
peeled apples	sautéed/grilled chicken
applesauce	sautéed/grilled white fish
oats	turmeric
kefir	ginger
yogurt	green tea
coconut milk	

Avoid These Foods

- citrus fruit
- carbonated beverages
- caffeine
- alcohol
- fried foods
- fatty foods
- spicy foods
- raw vegetables

Important

If you have been prescribed antibiotics by your doctor it is extremely important to finish the whole course of medication. H. Pylori has been found to become resistant to antibiotics and may become harder to kill if it reoccurs.

BENEFICIAL FOODS

To combat reoccurrence of H. Pylori

After your antibiotics are finished and your digestive system is calming, now its time to rebuild a healthy gut biome and support your bodies ability to limit the H. Pylori bacteria from taking over again. Adding the following foods is a great place to start.



Eat Fermented Foods

Rebuilding your gut microbiome is important following treatment. Aim to eat 1-2 servings of fermented foods a day, like yogurt, sauerkraut, **kimchi**, **kefir**, **miso**, or kombucha. Raw miso naturally includes a large amount of beneficial bacteria strains to support the gut microbiome.



Honey

Honey is a natural anti-bacterial, anti-inflammatory, and anti-microbial food. Studies have shown honey can inhibit the growth of H.Pylori. The pH in honey helps activate the cells for healing the stomach wall. **Manuka Honey** (UMF >20 and MGO >850) garners the highest health benefits but any pure raw honey is still hugely beneficial.



Broccoli Sprouts

Vegetables that contain sulforaphane (broccoli, cabbage, cauliflower, brussels sprouts, kale, and **broccoli sprouts**) Studies show sulforaphane helps decrease H. Pylori. Broccoli Sprouts are an excellent option and are easy to grow and add to salads, stir-fries, and on top of most entrées. Adding these to your diet will go a long way to decreasing overgrowth.



Bone Broth

Substituting bone broth for broths in soups or rice is a great way to support the linings of your digestive system and help rebuild health gut microbiota after antibiotic treatment. Bone Broth is rich in collagen and amino acids (like glutamine) that help repair and strengthen the gut lining.

BENEFICIAL FOODS

To combat reoccurrence of H. Pylori



Drink tea

Foods containing catechins, like matcha **green tea**, dark chocolate and grapes. ECGC (Epigallocatechin gallate) is green tea's main catechin which may reduce peptic ulcers caused by H. Pylori. Studies found that catechins are a type of polyphenol that may help to slow some types harmful bacteria.



Add spices

Each of these spices provides digestive benefits like supporting stomach acid balance, increasing musucosal lining, promoting a varied gut biome, and inhibiting growth of H. Pylori.

Turmeric
Ginger
Oregano
Clove
Cumin
Cinnamon



Fiber

Whole grains (oats, **brown rice**, quinoa), fruits (berries, apples), and vegetables (cabbage, kale, **carrots, asparagus**) provide essential fiber and prebiotics that support beneficial gut bacteria and mucus production.

Aim for >25 g/day (women) or >40 g/day (men) to significantly lower infection risk. Increase slowly over 3 months to reach the desired level.



Prebiotic Foods

Include foods that nourish healthy gut bacteria, which play a role in keeping H. pylori in balance. Try sunchokes, garlic, onion, asparagus, chicory root, jicama, underripe bananas, apples, chickpeas, dandelion greens, walnuts, and pecans.

LIFESTYLE TIPS

To support a healthy gut



Decrease caffeine, alcohol, refined sugars, and artificial sugars

These foods, especially if consumed on an empty stomach or frequently, can cause increases in symptoms of gastritis or damage to your already inflamed gut lining. If you are a coffee lover, try adding coconut milk and cinnamon to your morning cup of Joe.



Exercise

Physical activity increases blood flow to your abdomen to stimulate digestion. Going for a 10-15 minute walk after meals is a great habit to help your digestive track stay healthy.



Stop nicotine and Reduce NSAIDS

NSAIDS

Long-term use of NSAID pain killers like Ibuprofen can increase ulcer and bleeding risks, slowing or delaying healing.

Nicotine

Any nicotine use has been shown to affect the stomach by reducing mucosal blood flow, inhibiting protective prostaglandin and mucus secretion. Nicotine has been shown in studies to impair healing and increase the recurrence of ulcers. Any decrease in nicotine decreases the risks associated with ulcer formation and healing.



Manage your stress

I know you have heard it 1000 times, but digestion is directly affected by stress, or at least how your body handles stress. Being proactive about how you handle stress is always helpful, but especially in the presence of H. Pylori.

SUPPLEMENTS TO CONSIDER

To support a healthy gut



Omega-3

Proper levels of Omega-3 in your diet or in a supplement have been shown in studies to decrease inflammation caused by H. Pylori. There is promising research showing a decrease in gastric cancer risk with omega-3 supplementation.

Note: omega-6 promotes an environment for H. Pylori to grow



ECGC - green tea extract

ECGC is short for Epigallocatechin gallate, a polyphenol found in green tea. Compounds in ECGC have been found to suppress H. Pylori urease activity and are being studied in use with anti-ulcer drugs to help kill H. Pylori infections.



High quality probiotic supplements

It is important after antibiotic treatment to support the body in rebuilding the good bacteria that help prevent the bad ones from taking over again.

Strains that inhibit H. Pylori are great to focus on include Lactobacillus johnsonii MH-68, Lactobacillus salivarius AP-32, Lactobacillus reuteri, Lactobacillus casei, Bifidobacterium, Bacillus, Streptococcus, and Saccharomyces boulardii.



Bismuth Subsalicylate

Pepto-Bismol

Studies have shown the ability of Bismuth to kill H. Pylori strains, even those that have become resistant to antibiotics. Prescription compounds are often added to treatment regimens with antibiotics. OTC Pepto-Bismol can also help to decrease H. Pylori.

RECIPES

The tips covered so far are key to recovering and fighting off an H. Pylori infection. Here are 2 quick and easy recipes that combine beneficial ingredients to help get you started.

Spiced Rice



- 4 tbsp bone broth powder
- 3 tsp turmeric powder
- 2 tsp ginger powder -or-
20 gr. fresh finely minced ginger
- 1-2 cloves finely minced garlic
- 1 can coconut milk (13.5 oz.)
- 2 cups white rice
- add water to the appropriate level (approx 1 cup)

Cook in rice cooker

Makes 6-8 servings

Roasted Vegetables with sweet and savory miso



- 2 lbs of assorted vegetables, largely chopped (carrot, sweet potato, parsnip, cauliflower, Brussels sprouts, etc)
- 2 Tbsp olive oil to coat
- salt and pepper to taste

Arrange in a single layer on sheet pan
roast @450 for 20-30 minutes

Dressing: Mix

- 1 Tsp miso paste
- 1 Tbsp honey
- ½ tsp chili oil for heat (opt and if tolerated)

Add ½ cup of chopped walnuts and 4 green onions to the top

Stir the vegetables and dressing together and enjoy

For personalized nutrition counseling please reach out

- **Individualized health and nutrition education**
- **Meal Planning/Cooking/Shopping Guidance**
- **Supplement Review or Suggestion**
- **Special diet compliance and support**

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