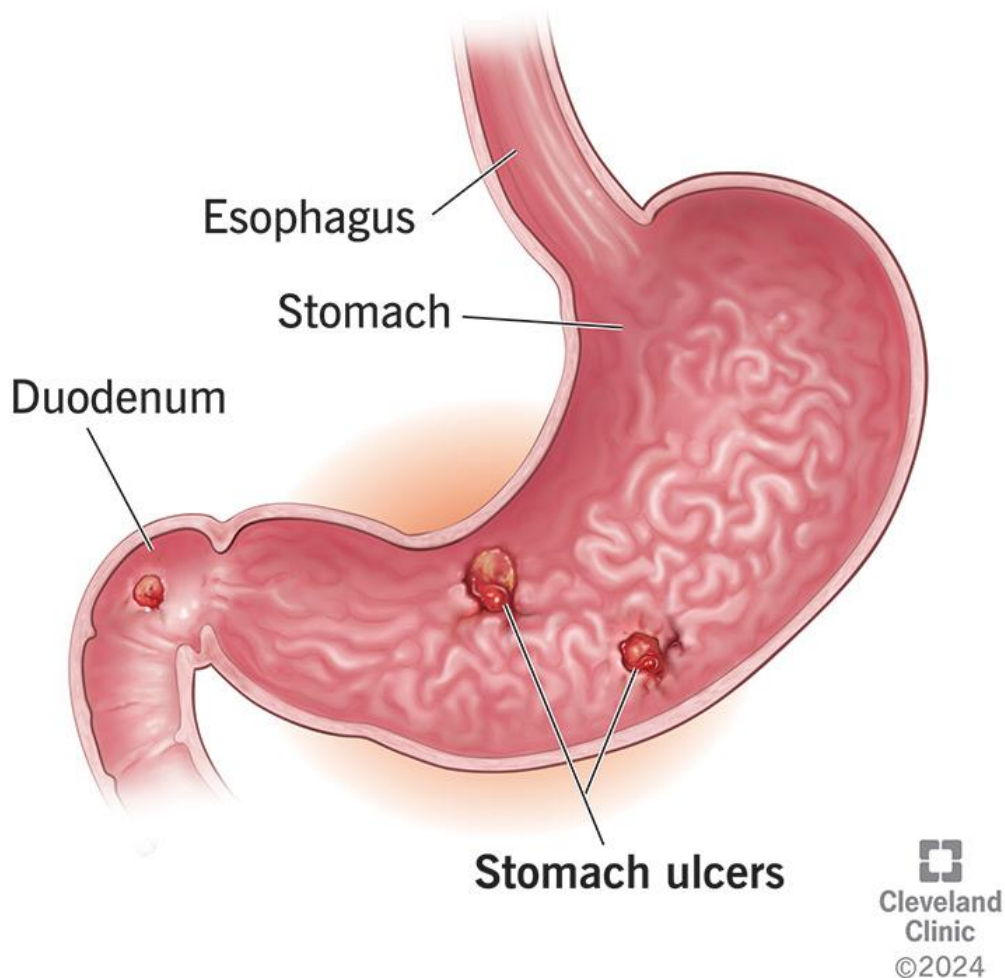


Understanding Peptic Ulcer Disease

Peptic ulcer disease



Note: The data is extracted from World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), Mayo Clinic, and others. I don't claim any right on these data.

About Peptic Ulcer Disease

Peptic ulcer disease (PUD) refers to open sores that develop on the inner lining of the stomach, upper small intestine, or esophagus. The most common causes include infection with *Helicobacter pylori* bacteria and long-term use of nonsteroidal anti-inflammatory drugs (NSAIDs). Symptoms of PUD can include burning stomach pain, bloating, heartburn, and nausea.

Home Remedies

- **Cabbage Juice:** Drink fresh cabbage juice, which may help heal ulcers due to its natural compounds.
- **Honey:** Consume honey for its antibacterial properties and soothing effects on the stomach lining.
- **Garlic:** Incorporate raw garlic into your diet to help fight *H. pylori* bacteria.
- **Bananas:** Eat ripe bananas to neutralize stomach acidity and soothe the digestive tract.
- **Ginger Tea:** Drink ginger tea to reduce nausea and promote healing.

Do's and Don'ts

Do's:

- **Follow Medical Advice:** Take medications as prescribed by your healthcare provider to treat *H. pylori* infection or reduce stomach acid.
- **Eat Small, Frequent Meals:** Have smaller, more frequent meals to avoid overwhelming the stomach.
- **Avoid Stress:** Practice stress-reducing techniques such as yoga, meditation, or deep breathing exercises.
- **Maintain Hygiene:** Wash hands thoroughly to prevent *H. pylori* infection.
- **Stay Hydrated:** Drink plenty of water to support overall health and digestion.

Don'ts:

- **Avoid Trigger Foods:** Stay away from foods and drinks that can irritate the stomach lining, such as spicy foods, caffeine, alcohol, and carbonated beverages.
- **Limit NSAIDs:** Avoid or limit the use of NSAIDs, and consult your healthcare provider for alternatives.
- **Don't Smoke:** Refrain from smoking, as it can worsen ulcer symptoms and delay healing.
- **Avoid Eating Late:** Do not eat late at night or just before bedtime to prevent discomfort.
- **Reduce Fatty Foods:** Limit high-fat foods, which can increase stomach acid production and aggravate symptoms.

Dietary Recommendations:

For peptic ulcer disease, a diet that is gentle on the stomach and helps reduce acid production can be beneficial. Focus on balanced vegetarian meals that are rich in nutrients and easy to digest.

Meal	Recommended Foods
Breakfast	<ul style="list-style-type: none"> - Oatmeal with almond milk, bananas, and a drizzle of honey - Smoothie with spinach, pear, and flax seeds
Lunch	<ul style="list-style-type: none"> - Steamed vegetables with quinoa and a side of plain yogurt - Lentil soup with whole grain bread
Dinner	<ul style="list-style-type: none"> - Baked potato with steamed broccoli and carrots - Brown rice with sautéed tofu and green beans