



Get out
of your
ulcer for
9* Weeks

*if your ulcer is too deep it takes a little
more time



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Methods for healing gastrointestinal ulcers

| “Up the Down Staircase”.

- *Bel Kaufman's classic novel about a New York City school teacher.*

What is this book about

The main character of this book is Kirill. From birth until the age of 22, he suffered from dysbacteriosis, and then a duodenal ulcer.

The disease developed gradually. The result was complete incapacity and weight loss.



He stood 176 inches tall and weighed 57 kilograms

The reasons why modern medicine did not help us, we describe in the book. Kirill has now recovered from his ulcers, gained weight, and is back to living the active life of a young man. In the book, we describe how we achieved this. Nobody helped us, we coped with the disease ourselves...

My mother's biological education and Kirill's persistence in his efforts to become completely healthy were the only things that helped us. It is important to note that this is a budget-friendly way to recover from ulcers without resorting to pharmaceutical treatment. The process was not fast; monotonous patience and willpower are needed.

Our country has a large number of people suffering from ulcers. People numb the pain of an ulcer with alcohol, or swallow medicines and pills that temporarily relieve the pain. Trying to be treated in a traditional way. The worst thing is that they continue to consume meat and milk and do not radically change their diet. And it ends sadly.

Introduction

Here you will find everything you need to fight dysbiosis and gastrointestinal ulcers in both early and late stages.

DISCLAIMER: You must use all the methods in this book **under the supervision of your doctor**. This book is for **informational purposes only**. It is not intended to constitute or be a substitute for professional medical advice, diagnosis, or treatment.

It is extremely dangerous for the body to suffer from gastrointestinal ulcers. If these ulcers are left untreated, internal bleeding can occur, which can be life-threatening. It is only through surgery that ulcer bleeding can be stopped. Kirill, the protagonist of this book, was suffering from grade 3 dysbiosis and multiple duodenal ulcers.

You can find **helpful information** in this book if you have a **gastric ulcer**. You **don't need a lot of money or time** to follow the recommendations, and it's better than rushing to the hospital without trying alternatives. Kirill had dysbiosis **for over 5 years**, and he suffered from duodenal ulcers **for over 10 years**.

Sometimes, there are not enough beneficial bacteria in our stomachs, and this can cause ulcers. The stomach requires a **healthy microbiome**. But if the microbiome is imbalanced, it's called dysbiosis. It can spread to other parts of the body and cause harm as well. Helicobacter pylori can erode our gastric lining and cause ulcers.