



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 you will gain from reading this book

- Our recipe is a versatile wound-healing remedy, effective for external skin injuries, open wounds, and burns. In terms of effectiveness, the results surpassed pharmaceutical ointments, proven through personal experience.
- If you follow all the treatment steps outlined in the book, the results are guaranteed (excluding very severe cases that require immediate medical intervention).
- Are you a vegetarian, vegan, or do you adhere to strict diets? Our components will definitely suit you as they are the most neutral and nature-made for you. If necessary, you can exclude certain ingredients from our mix based on your beliefs. This may make the treatment less effective, but you can still take a natural healing path. As a proponent of a plant-based diet, it is crucial for you to get rid of your ulcers, as most of your consumption revolves around relatively tough plant-based foods. After successfully completing the treatment stages in the book, you won't have to stick to just smoothies or boiled food.
- Have you forgotten what normal eating and nutrition mean, limiting yourself to certain foods? By adding the component specified in the book, you will significantly boost the regeneration and resistance of the pathogenic microflora in your gastrointestinal tract.
- You won't need to swallow hard bitter pills and struggle to preserve the last beneficial microflora. You'll even be able to sleep at night and fall asleep at your preferred time without being dependent on your digestive system's rhythms.
- Your work efficiency and concentration will return to you, making you productive once again. Engage actively in social activities, pursue your passions, and live with renewed vigor.
- Prevent the escalation of your ulcer and its progression to a cancerous stage through these effective methods. Save yourself as soon as possible, for a

lingering ulcer is a potential checkmate.

- You will learn what your menu should look like to improve your quality of life as you recover. Most importantly, we will guide you on creating a four-component remedy sourced from insects and plants, allowing you to heal from ulcers. Nature's hand, not man's, will be your healer.
- The devil's icing on the cake. By following our advice, you can hold onto your habits that hinder your complete recovery, because you will still be on the path to healing! Nevertheless, our wish for you is to be thoughtful about everything that brings you problems, as it tends to accumulate over time.

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.

He 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.