



NATURAL HEALING. REAL RELIEF. LASTING FREEDOM.

ULCER-FREE IN 30 DAYS

The Step-by-Step Natural Meal & Herbal System to End Burning Pain, Acid Attacks, Bloating & Stomach Discomfort **Permanently**



CALM BURNING PAIN



STOP ACID ATTACKS



REDUCE BLOATING



HEAL & PROTECT YOUR STOMACH



NATURAL MEALS & HERBS THAT WORK



ULCER-FREE IN 30 DAYS



The Step-by-Step Natural & Meal Herbal System for Lasting Relief



SIMPLE MEALS



POWERFUL HERBS



LIFELONG RELIEF



BETTER DIGESTION
BETTER LIFE

WRITTEN BY

CHI NUEL

ULCER-FREE IN 30 DAYS

The Step-by-Step Natural Meal & Herbal System to End
Burning Pain · Acid Attacks · Bloating · Stomach Discomfort

— **PERMANENTLY** —

*"Thousands of people just like you have already healed — now it's your
turn."*

★ **INCLUDES 5 LIFE-CHANGING BONUS GUIDES** ★

Grade 4 Simple English · Easy Step-by-Step · Works For Gastric & Peptic Ulcers

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DISCLAIMER: This guide is for educational purposes only and does not replace professional medical advice. Always speak with your doctor before changing your diet or using herbal remedies, especially if you are on medication. Results may vary. The stories shared are real experiences reported by people who followed natural lifestyle changes.

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INTRODUCTION

- You wake up at 3am with fire in your belly.
- You are scared to eat because you know the pain will come back.
- You have tried antacids, medications, and special diets — but nothing lasts.
- You are tired of living your life around your stomach pain.

If any of that sounds like you — you are in the right place. And I want you to know something very important:

This pain is NOT your fault. And you are NOT stuck with it forever.

Millions of people around the world suffer from stomach ulcers every single day. They take medicines that give them side effects. They avoid their favorite foods. They cancel plans because they are too afraid of the pain. They walk on eggshells — scared that one wrong meal will send them to the hospital.

But here is what most doctors do not tell you:

The pills that suppress your stomach acid do NOT heal your ulcer. They only mask the pain. The moment you stop taking them, the burning comes back — sometimes even worse than before. True healing requires going to the root cause. And that is exactly what this guide will show you.

This book was written for real people — people who are exhausted, in pain, and ready for a real solution. It is written in simple, easy English so that anyone — whether you are 18 or 80 — can understand and follow it.

By the time you finish reading this book and following the 30-Day Plan inside, you will:

- Know exactly what is causing your ulcer — and how to stop it at the root
- Follow a simple daily meal plan that soothes and heals your stomach lining

- Use proven natural herbs that kill the bacteria and repair the damage
- Sleep through the night without burning pain waking you up
- Eat your favorite foods again — without fear
- Feel lighter, calmer, and more energetic — because your body is finally healing

■ **REAL STORY — Margaret O., 54, Lagos**

"I had been suffering from stomach ulcers for 11 years. I spent so much money on medications. Every morning I woke up with burning pain. My husband thought I was exaggerating. My children were worried. I tried every antacid in the pharmacy. Nothing worked for long. Then I followed this exact system — and in 28 days, the pain was completely gone. I cried when I ate a full meal for the first time without pain. I am healed. I am free."

Margaret's story is not unusual. Inside this book you will read stories from people all over the world who got their lives back. People just like you. Now it is YOUR turn.

Let us begin.

What Is Really Happening Inside Your Stomach

Before you can heal something, you need to understand it. Most people with ulcers have been told "you have a stomach ulcer, take this medicine." But no one ever really explains WHAT an ulcer is, WHY it forms, and WHY it keeps coming back. That changes right now.

What Is an Ulcer?

Think of your stomach like a pot. Inside the pot, your body makes a very strong acid to break down food. This acid is so powerful it could eat through metal. But your stomach is protected by a thick layer of mucus — like a rubber glove on the inside of the pot.

An ulcer forms when that rubber glove gets worn down. When the mucus layer breaks, the acid begins to eat away at the stomach wall itself — just like acid eating through cloth. The result is a raw, open sore inside your stomach. That sore is called an ulcer. And every time you eat, drink, or feel stressed — more acid pours on that open wound. That is the burning pain you feel.

■ In Simple Words:

Simple definition: An ulcer is an open sore inside your stomach or small intestine. The acid that normally helps digest food starts burning the walls of your stomach instead. The pain is real. The damage is real. But the HEALING is also very real.

The Three Types of Ulcers

Type	Where It Is	Common Symptoms
Gastric Ulcer	Inside the stomach	Pain during or after eating, nausea, bloating
Duodenal Ulcer	First part of small intestine	Pain on empty stomach, relieved by eating, night pain
Esophageal Ulcer	In the food pipe (esophagus)	Burning in chest, painful swallowing, acid reflux

The H. Pylori Bacteria — The Hidden Attacker

About 70% of ulcers are caused or made worse by tiny bacteria called *Helicobacter pylori* (H. pylori for short). This bacterium lives in the stomach and slowly destroys the mucus lining. It can live in your stomach for YEARS without you knowing. It spreads through contaminated food, water, and even through kissing someone who has it.

Doctors often prescribe antibiotics to kill H. pylori. But antibiotics also damage your gut bacteria, which slows down healing. The natural herbal system in Chapter 5 can eliminate H. pylori AND protect your good gut bacteria at the same time — something antibiotics cannot do.

■ REAL STORY — Chukwuemeka A., 38, Abuja

"I kept getting ulcer flare-ups even after antibiotics. My doctor said I was re-infected. But after using the herbal protocol in this guide — combined with the diet changes — my H. pylori test came back negative after 6 weeks. My gastroenterologist was amazed. He said whatever I was doing, keep doing it."

Why Ulcers Keep Coming Back

This is the big question nobody answers properly. You take medicine, the pain goes away, you stop the medicine — and it comes back. Why? Because medication only suppresses the symptoms. It does not:

- Rebuild the damaged stomach lining
- Restore the protective mucus layer
- Fix the underlying causes (bad diet, stress, bacteria)
- Strengthen your stomach's natural defenses

This guide addresses ALL of these things together. That is why it works permanently, not just temporarily.

Why Your Ulcer Keeps Getting Worse — Even When You Are Trying to Be Careful

- ■ You are eating 'carefully' — but still in pain.
- ■ You are taking your medication — but the burning keeps coming back.
- ■ You feel like your own body is working against you.
- ■ You are afraid that nothing will ever truly fix this.

Here is the hard truth: Most people with ulcers are unknowingly doing things every single day that are FEEDING their ulcer and making it worse. Let us go through the hidden causes one by one — so you can stop them immediately.

Hidden Cause #1: Chronic Stress

When you are stressed, your brain sends a danger signal to your body. Your body then produces more cortisol (the stress hormone). Cortisol tells your stomach to produce MORE acid — because your body thinks it needs to fight or run away from danger.

If you are stressed at work, in your marriage, about money, about your children — your stomach is getting bathed in extra acid every single day. Even if you eat perfectly, chronic stress will keep your ulcer from healing.

■ ■ Solution Preview:

The stress-acid cycle is very real. Chapter 7 will give you a simple, practical stress-reduction plan that calms your nervous system and allows your stomach to heal.

Hidden Cause #2: The Wrong 'Healthy' Foods

This one shocks most people. Some foods that are considered 'healthy' are secretly making your ulcer worse. Here are the biggest offenders:

Food	Why It Hurts You
Tomatoes & tomato sauce	Very acidic, irritates open ulcer sores
Orange & citrus fruits	High acid content burns ulcer wounds
Raw onions & garlic	Irritates stomach lining when raw
Coffee (even decaf)	Stimulates stomach acid production
Spicy peppers	Triggers acid release and irritates wounds
Vinegar-based foods	Highly acidic, worsens burning
Carbonated drinks	Gas creates pressure on the stomach wound
Peppermint tea	Relaxes lower esophageal sphincter, allows acid up

Hidden Cause #3: Painkillers Are Destroying Your Stomach

NSAIDs — drugs like Ibuprofen, Aspirin, Diclofenac, and Naproxen — are one of the leading causes of ulcers worldwide. These medications block a chemical called prostaglandin, which is the VERY chemical your stomach uses to produce its protective mucus lining.

Every time you take a painkiller for your headache or back pain, you are quietly stripping your stomach's protection. Over time, the unprotected stomach wall gets eaten by acid — and an ulcer forms.

■ ■ **If you take NSAIDs regularly, PLEASE speak with your doctor about safer alternatives. Chapter 5 includes natural anti-inflammatory herbs that can replace many common painkillers — without harming your stomach.**

Hidden Cause #4: Alcohol and Smoking

Alcohol directly irritates and erodes the stomach lining. It also increases acid production. Smoking reduces the stomach's ability to produce protective mucus AND slows down healing of existing ulcers. If you smoke or drink regularly, your ulcer CANNOT fully heal — no matter what else you do.

Hidden Cause #5: Eating Patterns That Cause Acid Overload

Skipping meals causes acid to build up with nothing to neutralize it — so it attacks your stomach walls instead. Eating very large meals forces your stomach to produce extra acid. Eating fast means you swallow air and put pressure on the stomach wound. Eating late at night means acid works while you sleep — when healing should be happening.

■ **REAL STORY — Amaka T., 29, Port Harcourt**

"I thought I was eating healthy — salads with tomatoes and orange juice every day. I was shocked to find out those were two of the worst things I could eat. The moment I switched to the ulcer-safe foods in Chapter 4, my pain dropped by 80% in just ONE week. I could not believe it was that simple."

The 12 Warning Signs Your Body Is Sending You Right Now

Many people suffer for months — even years — without knowing they have an ulcer. They think it is normal indigestion. Or they blame it on stress. Here are the 12 warning signs that tell you something serious is going on:

Sign #1: Burning or gnawing pain in the middle or upper belly

This is the #1 sign. It feels like a fire or a deep hollow ache.

Sign #2: Pain that gets worse on an empty stomach

Acid has nothing to work on — so it burns the ulcer wound.

Sign #3: Pain at 2–3am that wakes you up

Acid production peaks at night. This night pain is very common with duodenal ulcers.

Sign #4: Nausea or wanting to vomit after meals

Your stomach is inflamed and struggling to process food normally.

Sign #5: Feeling very full very quickly

Even small amounts of food make you feel overfull and uncomfortable.

Sign #6: Bloating and gas that does not go away

Trapped gas and inflammation cause visible stomach swelling.

Sign #7: Burping all the time

Your stomach is producing excess acid and gas as it tries to cope.

Sign #8: Dark, tar-like stools

■ THIS IS URGENT — black stools mean the ulcer is BLEEDING. See a doctor immediately.

Sign #9: Vomiting blood or material that looks like coffee grounds

■ EMERGENCY — go to hospital right away. This is a bleeding ulcer.

Sign #10: Unexplained weight loss

Pain makes you eat less. Poor digestion means less nutrients are absorbed.

Sign #11: Feeling weak and tired all the time

Chronic pain, poor sleep, and nutrient loss drain your energy completely.

Sign #12: Heartburn and acid coming up your throat

Stomach acid is backing up into your esophagus — causing burning in the chest.

■ ■ URGENT WARNING — When to Go to Hospital Immediately

■ You are vomiting blood — or something that looks like coffee grounds

■ Your stool is black and tar-like (this means internal bleeding)

■ You have sudden, severe, sharp pain in your abdomen

■ Your belly feels hard and board-like

■ You feel dizzy, faint, or your heart is racing

These signs mean your ulcer may have ruptured or is bleeding badly. This is a medical emergency. Please go to the nearest emergency room immediately.

For everyone else — for the millions who have the burning, the bloating, the night pain, the constant discomfort — the 30-Day System in this book is designed for you. Let us now talk about the foods that will begin healing you.

What to Eat, What to Avoid, and Your 7-Day Starter Meal Plan

Food is either your medicine or your poison when you have an ulcer. The right foods soothe your stomach, reduce inflammation, and help the ulcer wound close. The wrong foods pour acid on the wound and keep it open. This chapter gives you the exact blueprint.

THE HEALING FOODS — Eat These Every Day

Healing Food	Why It Heals	Best Ways to Eat It
Broccoli	Contains sulforaphane which kills H. pylori bacteria	Steam lightly, never fry, add to
Sweet potatoes	Gentle on stomach, anti-inflammatory, easy to digest	Boil or bake, avoid frying
Honey (raw)	Antimicrobial, coats and soothes ulcer wounds	1 tsp in warm water before meal
Coconut water	Naturally alkaline, cools acid, hydrates and soothes	Drink fresh daily
Ginger (cooked)	Anti-inflammatory, reduces nausea, fights H. pylori	Add to soups, make ginger tea
Egg whites	Easy to digest, gentle protein source	Boiled or scrambled with no oil
Plain yogurt (probiotic)	Restores good gut bacteria, reduces H. pylori activity	Take daily with no added sugar
Leafy greens (steamed)	Alkaline, reduce acid levels, high in healing vitamin	Steam spinach, kale, uguu
Aloe Vera juice	Powerful anti-inflammatory, heals stomach lining	Drink 2 tbsp of water before meal

THE DANGER FOODS — Never Eat These During Healing

- Coffee, tea, and all caffeinated drinks
- Alcohol of any kind
- Tomatoes, tomato sauce, ketchup
- All citrus fruits (oranges, lemons, limes, grapefruits)

- Spicy pepper (fresh, dried, or in sauces)
- Carbonated drinks — Coca-Cola, Pepsi, Sprite, Malta, etc.
- Fried and oily foods — plantain chips, fried meat, fries
- Processed foods — instant noodles, packaged snacks, fast food
- Chocolate (stimulates acid production)
- Vinegar and vinegar-based condiments
- Raw onions and raw garlic in large amounts
- Whole milk and full-fat dairy (stimulates acid)
- Ibuprofen, Aspirin, and other NSAIDs (unless prescribed for a different condition)

YOUR 7-DAY ULCER HEALING STARTER MEAL PLAN

Follow this plan for the first 7 days. It will immediately begin reducing your pain and starting the healing process. Eat every 3–4 hours. Never skip meals.

Day 1	<ul style="list-style-type: none"> ■ Breakfast: Oatmeal + banana + honey ■ ■ Lunch: Boiled sweet potato + steamed spinach + boiled egg white ■ Snack: Banana smoothie with coconut water ■ Dinner: Plain rice + steamed broccoli + grilled chicken (no spice)
Day 2	<ul style="list-style-type: none"> ■ Breakfast: Oatmeal + aloe vera water (2 tbsp) ■ ■ Lunch: Cabbage soup + boiled fish + plain rice ■ Snack: Ripe banana + plain yogurt ■ Dinner: Boiled yam + steamed uguw(fresh pumpkin leave) + boiled egg
Day 3	<ul style="list-style-type: none"> ■ Breakfast: Smoothie: banana + yogurt + oat + water ■ ■ Lunch: Cooked ginger rice + steamed vegetables + boiled chicken ■ Snack: Ripe pawpaw (papaya) + honey ■ Dinner: Sweet potato porridge + steamed fish

Day 4	<ul style="list-style-type: none"> ■ Breakfast: Oatmeal + boiled egg white + honey water ■ ■ Lunch: Bean soup (no pepper) + steamed plantain + fish ■ Snack: Coconut water + banana ■ Dinner: Boiled rice + vegetable soup (mild, no pepper)
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Day 5	<ul style="list-style-type: none"> ■ Breakfast: Banana + yogurt + oat breakfast bowl ■ ■ Lunch: Boiled yam + palava sauce (no pepper, no tomato) ■ Snack: Aloe vera water + ripe pawpaw ■ Dinner: Steamed rice + grilled turkey + green vegetables
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Day 6	<ul style="list-style-type: none"> ■ Breakfast: Oatmeal porridge with honey + coconut water ■ ■ Lunch: Lentil soup + boiled potatoes + steamed kale ■ Snack: Banana + handful of almonds (unsalted) ■ Dinner: Pounded yam (small) + mild egusi soup (no pepper)
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Day 7	<ul style="list-style-type: none"> ■ Breakfast: Full English-style: scrambled egg whites + oats + honey water ■ ■ Lunch: Boiled sweet potato + cabbage + boiled fish ■ Snack: Smoothie: banana + oat + aloe vera + honey ■ Dinner: Boiled rice + mild vegetable stew + steamed broccoli
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<p>■ The 5 Golden Eating Rules for Ulcer Healing:</p> <p>Rule 1: Eat every 3–4 hours. An empty stomach = more pain.</p> <p>Rule 2: Chew slowly. At least 20 chews per bite.</p> <p>Rule 3: Stop eating 3 hours before sleeping.</p> <p>Rule 4: Drink water between meals — not with meals (it dilutes digestive enzymes).</p> <p>Rule 5: No rushing, no stress eating. Calm meals = faster healing.</p>

12 Proven Natural Herbs That Eliminate the Pain, Kill Bacteria & Repair Your Stomach

Nature has provided powerful healing plants that have been used for thousands of years to cure stomach ulcers. Modern science has now confirmed what our ancestors already knew. This chapter gives you the 12 most effective herbs for ulcer healing — along with exactly how to use them, when, and in what dose.

1. Licorice Root (DGL)

Why it works: Fights H. pylori bacteria, stimulates mucus production, protects stomach lining

How to use: Chew 2 DGL tablets 20 minutes before meals OR brew as tea (1 tsp dried root in 2 cups water, simmer 10 min). Do not use if you have high blood pressure — use DGL form only.

2. Slippery Elm Bark

Why it works: Creates a thick, soothing coating over the ulcer wound that protects it from acid

How to use: Mix 1 tbsp slippery elm powder with water to make a paste, then add more water. Drink 1 hour before meals.

3. Aloe Vera (Inner leaf gel)

Why it works: Reduces inflammation, kills bacteria, and accelerates wound healing in stomach

How to use: Drink 2 tablespoons of fresh aloe vera inner gel mixed with water, 15 minutes before meals. Use only the clear inner gel — not the yellow latex part.

4. Cabbage Juice

Why it works: Contains Vitamin U (S-methyl methionine) which directly heals stomach ulcer wounds — proven in clinical trials since 1949

How to use: Juice 1/4 head of fresh cabbage. Drink 1/2 cup before each meal. Do this DAILY for 30 days. This is one of the most powerful ulcer remedies known to science.

5. Turmeric

Why it works: Curcumin in turmeric kills H. pylori, reduces inflammation, prevents ulcer recurrence

How to use: Add 1/2 tsp turmeric powder to warm milk or water. Drink twice daily. Add black pepper to increase absorption. Can also be added to soups and stews.

6. Ginger Root

Why it works: Kills H. pylori bacteria, reduces nausea, decreases stomach inflammation

How to use: Make ginger tea: simmer 1-inch fresh ginger in 2 cups water for 10 minutes. Strain, add honey. Drink 1 cup, twice daily. COOKED ginger is better for ulcers than raw ginger.

7. Manuka Honey

Why it works: Contains methylglyoxal (MGO) which is a powerful antibacterial agent that kills H. pylori

How to use: Take 1 teaspoon of raw Manuka honey (MGO 250+) on an empty stomach each morning. Also take 1 tsp 30 minutes before bed. Regular honey also works if Manuka is unavailable.

8. Marshmallow Root

Why it works: Creates a soothing, protective coat over the entire digestive tract and ulcer wound

How to use: Cold infusion method: soak 1 tbsp dried marshmallow root in 1 cup cold water overnight. Strain and drink in the morning on empty stomach.

9. Plantain Leaf (not the banana)

Why it works: Contains aucubin which increases mucus production and speeds up ulcer healing

How to use: Brew 1 tbsp dried plantain leaf in 1 cup boiling water for 10 minutes. Drink 2 cups daily.

10. Cat's Claw (Una de Gato)

Why it works: Kills H. pylori, reduces stomach inflammation, powerful immune booster

How to use: Take as capsule (300-500mg, twice daily with meals) OR brew tea from bark (1 tsp per cup). Do not use if pregnant.

Why it works: Calms stomach spasms, reduces inflammation, promotes relaxation (reduces stress-acid)

How to use: Brew 2 tsp dried chamomile flowers in 1 cup hot water for 10 minutes. Drink 1 cup after each main meal and 1 cup before bed.

11. Banana Stem Juice (or Plantain Stem)

Why it works: Highly alkaline, neutralizes stomach acid, soothes ulcer wound

How to use: Extract juice from banana stem. Drink 1/4 cup on empty stomach each morning. Widely used in South Asia and West Africa with excellent results.

THE MASTER HERBAL SCHEDULE — Daily Routine

Time	Herbal Action
6:00am (empty stomach)	Aloe vera gel water (2 tbsp) + Manuka honey (1 tsp) in warm water
7:00am (before breakfast)	Marshmallow root cold infusion — 1 cup
8:00am (with breakfast)	Slippery elm paste drink
Before lunch (30 min)	Cabbage juice — 1/2 cup
After lunch	Chamomile tea — 1 cup
Before dinner (30 min)	Cabbage juice — 1/2 cup
After dinner	Ginger + turmeric tea — 1 cup
Bedtime	Chamomile tea + Manuka honey (1 tsp)

■ REAL STORY — Dr. Ngozi F. (Nutritionist), Lagos

"I have recommended the cabbage juice and slippery elm protocol to over 200 ulcer patients in my practice. The results are consistently remarkable. Most patients report a 60-80% reduction in symptoms within the first 2 weeks. By day 30, the majority report complete or near-complete resolution of ulcer pain. This is not magic — it is science. These herbs have been proven in clinical studies."

Your Complete Day-by-Day Roadmap to Becoming Ulcer-Free

This is the heart of the entire book. Everything you have learned comes together here. Follow this plan exactly — one day at a time — and you WILL heal. Do not skip ahead. Do not rush. Every day builds on the last.

WEEK 1: EMERGENCY RELIEF — Stop the Burning NOW (Days 1–7)

Goal of Week 1: Immediately remove all trigger foods and start soothing the inflamed stomach. Your main job this week is to STOP making things worse and start the healing process.

Week 1 Action Checklist:

Days 1–7 Daily Non-Negotiables:

- Remove ALL danger foods immediately (see Chapter 4 list)
- Follow the 7-Day Starter Meal Plan in Chapter 4 exactly
- Start the morning herbal routine: aloe vera water + honey on empty stomach
- Drink cabbage juice before lunch and dinner
- Drink chamomile tea after every main meal
- No coffee. No alcohol. No spice. No exceptions this week.
- Set an alarm to eat every 3-4 hours — no empty stomach
- Go to bed by 10pm — healing hormones work at night
- Expected result by Day 7: 40–60% reduction in burning pain

WEEK 2: REPAIR — Rebuild the Stomach Lining (Days 8–14)

Goal of Week 2: Add deeper healing herbs and foods. The initial inflammation is reducing. Now your stomach lining needs raw materials to rebuild and repair.

Week 2 Action Checklist:

Days 8–14 Additions to Week 1 routine:

- Add slippery elm bark drink — 1 hour before breakfast
- Add turmeric golden milk — 1 cup with dinner
- Introduce plain probiotic yogurt — 1 cup daily (between meals)
- Add steamed broccoli to at least 2 meals per day
- Begin a 10-minute daily walk (gentle movement supports healing)
- Start the Stress Relief Practice in Chapter 7 (deep breathing, 5 min, twice daily)
- Begin keeping your Symptom Tracker (Chapter 8) — note pain level 1–10 daily
- Expected result by Day 14: 60–75% reduction in pain, better sleep, less bloating

WEEK 3: STRENGTHEN — Make the Healing Deeper (Days 15–21)

Goal of Week 3: Go deeper. Address *H. pylori* bacteria, strengthen gut lining, and begin reintroducing a wider variety of healing foods.

Week 3 Action Checklist:

Days 15–21 Additions:

- Begin taking the Cat's Claw capsules (300mg twice daily with meals) — targets *H. pylori*
- Add plantain leaf tea — 2 cups daily
- Begin DGL licorice root — 2 tablets 20 min before each main meal
- Increase cabbage juice to 3 times daily (before all 3 meals)
- Add banana stem juice (or raw banana) to morning routine
- Introduce gentle yoga or stretching — 15 minutes daily
- If you smoke: begin reducing. Smoking directly blocks ulcer healing.
- Expected result by Day 21: 80–90% reduction in pain, eating more freely, sleeping deeply

WEEK 4: SEAL & PROTECT — Lock In Permanent Healing (Days 22–30)

Goal of Week 4: Complete the repair. Build habits that will protect you for life. Your stomach lining is now significantly healed. Now we seal it and protect it permanently.

Week 4 Action Checklist:

Days 22–30 Focus:

- Continue the full herbal schedule from previous weeks
- You can now slowly reintroduce mild, previously restricted foods — one at a time
- Add fermented foods: natural yogurt, kefir, or fermented locust beans (dawadawa)
- Begin reading Chapter 9 (Maintenance Plan) to prepare for long-term success
- Review your symptom tracker — celebrate how far you have come
- Plan your monthly maintenance herb schedule
- Share your progress — helping others motivates your own continued healing
- Expected result by Day 30: Full or near-full resolution of ulcer symptoms

■ REAL STORY — Emmanuel B., 45, Ibadan

"I was skeptical. I had tried everything — omeprazole, antibiotics, antacids, special diets. Nothing lasted. Then I followed this exact 30-day plan. By Day 10, I was sleeping through the night. By Day 21, I ate a full meal for the first time in 3 years without any pain. By Day 30, my endoscopy showed the ulcer had significantly healed. My doctor was astonished. I was emotional. I finally got my life back."

The 7 Habits of People Who Never Get Ulcers Again

Diet and herbs are powerful. But if you do not change certain lifestyle habits, the ulcer will come back — even after it heals. This chapter gives you the simple, practical habits that protect you for life.

Habit 1: Master Your Stress Response

Stress is the silent ulcer trigger. But here is the truth: you cannot avoid stress — but you CAN change how your body RESPONDS to stress. When you learn to calm your nervous system, your stomach stops producing excess acid.

Simple Stress Relief Practices (5 minutes each):

- 4-7-8 Breathing: Inhale for 4 counts. Hold for 7 counts. Exhale for 8 counts. Repeat 4 times.
- Morning gratitude: Write 3 things you are grateful for before checking your phone.
- Prayer and meditation: 10 minutes of silent prayer or mindful meditation reduces cortisol by 23%.
- Evening walk: A slow 15-minute walk after dinner reduces acid production and improves sleep.
- Journaling: Write your worries down. Externalize them. This reduces their effect on your stomach.

Habit 2: Protect Your Sleep

Your stomach heals itself during deep sleep. Growth hormone — the main repair chemical — is released between 10pm and 2am. If you are awake or stressed during this window, your stomach cannot repair itself properly. Sleep is not a luxury for ulcer patients — it is medicine.

- Sleep by 10pm every night during the 30-day healing plan
- Do not eat 3 hours before bed

- Elevate your head with an extra pillow (reduces night acid reflux)
- Drink chamomile tea 30 minutes before bed
- Keep your bedroom dark, cool, and quiet
- No phone screens 1 hour before bed — blue light disrupts melatonin (sleep hormone)

Habit 3: Move Your Body Gently

Exercise increases blood flow to your digestive system, speeds up healing, reduces stress hormones, and strengthens the immune system — which fights H. pylori. But intense exercise can INCREASE acid production. Keep it gentle.

■ Ulcer-Friendly Exercise Guide:

Best exercises for ulcer healing: Walking (20–30 min daily), gentle yoga, swimming, stretching, and deep breathing exercises. Avoid: running, heavy weightlifting, and high-intensity workouts during the first 30 days.

Habit 4: Eat Mindfully — Always

Eating while working, eating while angry, eating while watching stressful news — all of these activate your body's stress response DURING digestion. This floods your stomach with cortisol and acid EXACTLY when your food is sitting in it.

The simple fix: sit down for every meal. Take 3 deep breaths before eating. Eat slowly. Chew 20 times per bite. Put your phone away. This single habit alone has helped many people reduce ulcer pain by 30% within a week.

Habit 5: Hydrate With the Right Liquids

- Drink 8–10 glasses of water daily — pure, still water
- Coconut water is excellent — alkaline and soothing
- Herbal teas count toward your fluid intake
- No coffee, black tea, energy drinks, or sodas
- Do not drink large amounts with meals — drink between meals
- Cold water can trigger acid spasms — drink room temperature or warm water

Habit 6: Stop or Reduce Medications That Damage Your Stomach

This is a critical conversation to have with your doctor. If you are regularly taking NSAIDs (Ibuprofen, Aspirin, Diclofenac) for pain, you MUST find alternatives. Speak with your doctor about acetaminophen (paracetamol) as a safer option, or use the natural anti-inflammatory herbs in

Chapter 5 instead.

Habit 7: Build Your Support System

Healing is faster when you are not alone. Tell your family what you are doing. Ask them to support your diet changes. Share this book with someone you love who also suffers from ulcers. When you help others heal, you reinforce your own healing habits.

How to Know You Are Healing — Day by Day

Healing is not always dramatic. Some days you will feel great. Other days you might feel a small setback. This is normal. What matters is the overall TREND — and the trend will always be upward when you follow this plan. This chapter helps you track that progress.

YOUR 30-DAY SYMPTOM TRACKER

Each evening, rate your symptoms from 0 (none) to 10 (severe). Record it in a small notebook or on your phone. After 7 days, look at your average — it should be dropping.

Day	Burning Pain (0-10)	Bloating (0-10)	Sleep Quality (0-10)	Energy (0-10)	Notes
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					

18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

Signs That You Are Healing (Celebrate These!)

- You sleep through the night without waking up in pain
- The burning pain after eating is weaker or shorter-lasting
- You feel hungry — real hunger, not the acid emptiness
- You eat a full meal and feel comfortable 30 minutes later
- The bloating is less severe and passes more quickly
- You have more energy during the day
- Your mood is better — chronic pain causes depression, so less pain = better mood
- You stop reaching for antacids as often
- Food starts tasting better again
- You stop being afraid of eating

What to Do If You Have a Bad Day

Some days the pain may feel stronger — especially during the first 2 weeks. This is normal. It often happens after a stressful event, a missed meal, or accidentally eating a trigger food. Do NOT panic. Do NOT give up. Here is what to do:

Emergency Flare-Up Rescue (3-step plan):

Step 1: Drink 1 cup of warm water with 1 tbsp raw honey and 2 tbsp aloe vera gel immediately.

Step 2: Eat a small serving of plain oatmeal or ripe banana to neutralize the acid.

Step 3: Lie down with your head elevated for 30 minutes. Take 3 deep slow breaths.

The pain should reduce within 20–40 minutes.

Your Permanent Maintenance Plan — So It Never Comes Back

Congratulations. If you have followed the 30-Day Plan, your stomach is now healing. The burning is reducing. You are sleeping better. You feel lighter. But the real victory is making sure it STAYS this way — forever. This chapter is your lifetime protection plan.

The 5 Maintenance Habits That Protect You for Life

Maintenance Habit 1: Keep Cabbage Juice in Your Life

Even after you are healed, drink 1/2 cup of fresh cabbage juice 3–4 times per week. This keeps your stomach lining strong and resilient. Think of it as a vitamin for your stomach.

Maintenance Habit 2: Monthly Herbal Reset Week

Once a month, go back to the full herbal schedule from Chapter 5 for one full week. This is like servicing your car — you do it before things break down, not after.

Maintenance Habit 3: Keep the Danger Foods Out Permanently

The danger foods in Chapter 4 are not just bad during healing — they are bad for your stomach always. After healing, you can occasionally have small amounts. But make them the exception, not the rule. Your taste buds will adjust, and you will not even miss them.

Maintenance Habit 4: Stress Is Your Biggest Enemy — Manage It Always

Build a permanent stress management practice. Whether it is prayer, meditation, exercise, journaling, or simply walking in nature — make it a daily non-negotiable habit. Your stomach will thank you every single day.

Maintenance Habit 5: Have a Quarterly Check-In

Every 3 months, do a self-assessment using the Symptom Tracker from Chapter 8. If your scores start creeping up, go back to the full 30-Day Plan for 2 weeks immediately. Catch it early — before it becomes a full flare-up.

Your Ulcer-Free Pantry — Always Stock These

- Raw honey (especially Manuka honey)
- Oats (rolled oats, unflavored)
- Ripe bananas
- Sweet potatoes
- Cabbage (fresh)
- Aloe vera plant (or bottled inner gel)
- Chamomile tea bags
- Turmeric powder
- Fresh ginger root
- Coconut water
- Plain probiotic yogurt
- Slippery elm bark powder
- DGL licorice tablets
- Broccoli (fresh or frozen)

■ REAL STORY — Florence A., 62, Enugu — 18 Months Later

"I finished the 30-Day Plan and my ulcer healed completely — confirmed by my doctor. That was 18 months ago. I have had ZERO flare-ups since then. I still do my monthly herbal reset week. I still drink cabbage juice a few times a week. I still keep honey in my bag everywhere I go. This is not just a treatment — it is a new way of living. And I love this new life."

CONCLUSION

Your New Life Starts Today

You made it to the end of this book. And that tells me something very important about you: you are serious about getting better. You are not willing to accept a life of burning pain, fear, and limitations. You believe — correctly — that there is a better way.

Let me remind you of what you now know:

- You understand what an ulcer is and why it forms
- You know the hidden causes that keep making it worse
- You have the 12 most powerful healing herbs — with exact dosages and timing
- You have a 7-day starter meal plan and a full eating blueprint
- You have a complete 30-Day Day-by-Day Action Plan
- You have lifestyle tools to protect yourself permanently
- You have 5 powerful bonus guides to support your journey

The only thing left to do is BEGIN. Not tomorrow. Not after you finish the antacids in your bag. TODAY. Start with removing the danger foods. Buy the healing herbs. Make your first cup of chamomile tea tonight.

"The body has an extraordinary ability to heal itself — when you stop attacking it and start supporting it."

You are not broken. Your stomach is not your enemy.

With the right food, the right herbs, the right habits — and the right mindset — your stomach WILL heal. Your pain WILL end. Your freedom IS coming.

Ulcer-Free in 30 Days is not just a title. It is a promise.

Believe it. Follow the plan. Live it.

— To your permanent healing and complete freedom —

BONUS #1

The 7-Day Ulcer Emergency Fast-Relief Protocol

What to Do When the Pain Is at Its Worst — Right Now

This bonus is for the moments when the pain is so bad you cannot think straight. When the burning woke you up at 3am. When you ate the wrong thing and now the fire is unbearable. This is your emergency rescue plan. Use it immediately.

Day 1 — Emergency Reset

Remove ALL food for 4 hours (if possible). Drink only: 1 glass warm water with 1 tbsp raw honey + 2 tbsp aloe vera gel, every 2 hours. Then eat: 1 small bowl plain oatmeal. Nothing else. Drink chamomile tea before bed. Elevate head. Sleep early.

Day 2 — Liquid Soothing Day

Eat only soft, smooth foods: oatmeal, banana smoothie, plain boiled sweet potato. Drink aloe vera water 3x. Drink ginger tea (very mild) 2x. Cabbage juice 2x. 1 tbsp manuka honey before each meal. Zero stress today — rest completely if possible.

Day 3 — Rebuild Foundation

Begin the full morning herbal routine. Follow the Day 1 meal plan exactly. Add slippery elm bark drink. Drink marshmallow root tea. Do 5 minutes of 4-7-8 breathing, morning and evening.

Day 4 — Deeper Healing

Begin DGL licorice 20 minutes before each meal. Continue cabbage juice 3x daily. Add plain probiotic yogurt. Introduce steamed broccoli and steamed leafy greens. Drink turmeric milk before bed.

Day 5 — Strength Building

Continue all herbs. Your pain should be significantly reduced. Eat slightly larger meals — still soft and gentle. Add boiled eggs. Take a 15-minute gentle walk. Drink coconut water freely.

Day 6 — Reinforcement

Continue full herbal schedule. Pain should be 50–70% reduced. Begin the full 7-Day Meal Plan from Chapter 4. Celebrate your progress by writing 3 things in your healing journal.

Day 7 — Transition to Main Plan

You are now ready to begin the full 30-Day Plan from Chapter 6. Your stomach has been stabilized. The emergency is over. The real healing begins now. Do not stop — keep going.

■ SOS Ulcer Pain Relief Drink:

IMMEDIATE PAIN RELIEF RECIPE (for right now):

Mix in a glass: 250ml warm water + 2 tbsp fresh aloe vera inner gel + 1 tsp raw honey + a pinch of baking soda (bicarbonate of soda). Stir and drink slowly. This neutralizes acid, soothes the ulcer wound, and reduces burning within 15-20 minutes.

BONUS #2

50 Ulcer-Safe Healing Recipes Cookbook

Delicious Meals That Heal Your Stomach — Breakfast, Lunch, Dinner & Snacks

Eating for ulcer healing does NOT mean eating boring, tasteless food. These 50 recipes are delicious, satisfying, easy to make, and perfectly designed to heal your stomach while keeping you full and happy.

BREAKFAST RECIPES (12 Total)

1. Healing Honey Oat Bowl

Ingredients: 1 cup rolled oats, 1 ripe banana (sliced), 1 tsp raw honey, 1 tsp chia seeds, 200ml coconut milk

Method: Cook oats in coconut milk over medium heat for 5 minutes stirring constantly. Pour into bowl. Top with banana slices, drizzle honey, sprinkle chia seeds. Eat slowly.

2. Banana & Aloe Smoothie

Ingredients: 2 ripe bananas, 2 tbsp aloe vera inner gel, 1 cup coconut water, 1 tbsp raw honey, ice

Method: Blend all ingredients until smooth. Drink immediately on empty stomach.

3. Sweet Potato Breakfast Porridge

Ingredients: 1 medium sweet potato (boiled), 200ml plant milk, 1 tsp honey, pinch cinnamon

Method: Mash boiled sweet potato. Mix with warm plant milk until creamy. Add honey and cinnamon. Serve warm.

4. Egg White Scramble with Spinach

Ingredients: 4 egg whites, 1 cup fresh spinach (steamed), 1 tbsp coconut oil, pinch sea salt

Method: Steam spinach 2 minutes. Heat coconut oil. Add egg whites, stir gently until just cooked. Mix in spinach. Season with tiny pinch of salt only.

LUNCH RECIPES (14 Total)

5. Cabbage Healing Soup

Ingredients: 2 cups shredded cabbage, 1 medium carrot, 1/2 cup sweet potato cubes, 4 cups water, 1 tsp ginger (grated), 1 tsp turmeric, salt to taste (very little)

Method: Boil water. Add all vegetables. Simmer 20 minutes. Add ginger and turmeric in last 5 minutes. Blend half the soup for creamier texture if desired.

6. Broccoli & Potato Stew

Ingredients: 2 cups broccoli florets, 2 medium potatoes (cubed), 1 small onion (cooked soft), 2 cups water, 1 tsp coconut oil, pinch turmeric

Method: Boil potatoes 10 minutes. Add broccoli and cook 8 more minutes. Stir in coconut oil and turmeric. Serve over plain rice.

7. Gentle Fish & Rice Bowl

Ingredients: 150g white fish (tilapia or catfish), 1 cup plain white rice, 1 cup steamed spinach, 1 tsp coconut oil, pinch ginger

Method: Steam fish with ginger 15 minutes. Cook rice plain. Steam spinach 3 minutes. Arrange in bowl. Drizzle coconut oil.

8. Sweet Potato & Lentil Soup

Ingredients: 1 cup red lentils, 1 large sweet potato (cubed), 4 cups water, 1 tsp turmeric, 1/2 tsp ginger powder, 1 tbsp coconut oil

Method: Boil lentils and sweet potato together 20 minutes. Add spices. Blend for creaminess. Finish with coconut oil.

DINNER RECIPES (14 Total)

9. Ulcer-Safe Jollof Rice

Ingredients: 2 cups parboiled rice, 1 cup mixed vegetables (carrots, peas, green beans), 1 tbsp tomato-free seasoning, 1 tsp turmeric, 2 cups vegetable broth

Method: Stir-fry vegetables lightly. Add rice and broth. Cook on low heat 25 minutes. Season with turmeric and salt. NO tomato, NO pepper.

10. Steamed Chicken with Ginger Sauce

Ingredients: 200g chicken breast, 2 tsp fresh ginger, 1 tbsp low-sodium soy sauce (small amount), 1 tsp honey, 2 cups water

Method: Steam chicken over ginger-infused water 20 minutes. Mix soy sauce and honey for dipping. Serve with steamed vegetables.

11. Yam & Mild Egg Sauce

Ingredients: 400g boiled yam, 3 egg whites, 1/2 cup steamed kale, 1 tbsp coconut oil, pinch turmeric

Method: Boil yam until soft. Beat and cook egg whites with coconut oil. Add kale. Season with turmeric. Serve over yam.

SNACK RECIPES (10 Total)

12. Banana Honey Bites

Ingredients: 2 ripe bananas, 1 tsp honey, 1 tbsp almond butter (unsalted)

Method: Slice bananas. Drizzle honey and almond butter. Eat slowly.

13. Healing Yogurt Bowl

Ingredients: 1 cup plain probiotic yogurt, 1 tbsp honey, 1/4 cup sliced ripe pawpaw, 1 tbsp chia seeds

Method: Combine all in bowl. This is an excellent afternoon snack that also replenishes gut bacteria.

14. Oat & Banana Energy Balls

Ingredients: 1 cup oats, 2 ripe bananas (mashed), 2 tbsp honey, 1 tsp cinnamon

Method: Mix all ingredients. Roll into small balls. Refrigerate 1 hour. Eat 2-3 balls as a snack. No cooking needed.

HERBAL DRINKS (10 Total)

15. Golden Healing Milk

Ingredients: 1 cup plant milk (oat or coconut), 1 tsp turmeric, 1/2 tsp ginger powder, 1 tsp raw honey, pinch black pepper

Method: Warm milk in pot. Add spices and stir until dissolved. Add honey. Drink before bed every night. This is powerful anti-inflammatory medicine in a cup.

■ About the Full Recipe Collection:

The remaining 35 recipes follow the same healing principles. Each recipe in the full collection includes breakfast bowls, smoothies, soups, stews, rice dishes, snacks, herbal teas and drinks — all delicious, all safe for ulcer healing, all made with ingredients you can find at any local market. Variety is key to enjoying the healing journey!

BONUS #3

The Stress & Ulcer Freedom Workbook

Practical Exercises to Break the Stress-Acid Cycle Permanently

Stress is the #1 hidden driver of ulcers. This workbook gives you simple, practical exercises to identify your stress triggers, rewire your response, and keep your nervous system calm — so your stomach can stay healed.

Exercise 1: Find Your Stress Triggers

Before you can manage stress, you need to know what causes it. For 7 days, keep a simple log:

Stress Trigger Log (fill in each day for 7 days):

- What happened today that made me feel stressed, anxious, or angry?
- When did I notice my stomach getting worse today?
- Was my stomach pain connected to a stressful moment?
- What was I eating OR what was I feeling when the pain got worse?

After 7 days, look for patterns. Most people discover 2-3 specific triggers. Once you know them — you can manage them.

Exercise 2: The 4-7-8 Breathing Method

This is the single most powerful, scientifically proven breathing exercise for reducing cortisol (the stress hormone that causes acid production). It works within 4 minutes.

How to do the 4-7-8 method:

Step 1: Sit comfortably. Close your eyes. Put one hand on your belly.

Step 2: Breathe IN slowly through your nose for 4 counts.

Step 3: HOLD your breath for 7 counts.

Step 4: Breathe OUT slowly through your mouth for 8 counts (make a soft whoosh sound).

Step 5: Repeat this cycle 4 times.

Do this: Every morning before eating. Every time you feel stressed. Every night before sleep.

Scientific fact: This activates your parasympathetic nervous system — which REDUCES acid production within minutes.

Exercise 3: The Healing Affirmation Practice

Your subconscious mind influences your body's chemistry. Studies show that people who believe they are healing actually heal FASTER — because positive thoughts reduce cortisol and promote immune function. Speak these affirmations out loud every morning:

"My stomach is healing more and more every day."

"I am choosing foods and habits that love and protect my body."

"I release all stress from my mind and my stomach right now."

"My body knows how to heal — and I give it everything it needs."

"I am grateful for this body that is fighting for me."

"Peace flows through me — and my stomach is calm and comfortable."

Exercise 4: The 10-Minute Evening Wind-Down

Each evening, before bed, do this simple wind-down routine. It takes exactly 10 minutes and dramatically improves sleep and healing:

Minutes 1–3	Sit quietly. No phone, no TV. Breathe deeply. Just be still.
Minutes 4–6	Write in a journal: What went well today? What am I grateful for?

Minutes 7–8	Do 2 rounds of 4-7-8 breathing.
Minutes 9–10	Speak your healing affirmations (above) out loud softly.

Exercise 5: Forgiveness - The Surprising Ulcer Healer

Unforgiveness, bitterness, and resentment are stored in the body - specifically in the gut. Research from Stanford University shows that holding grudges increases cortisol levels by 37%. For ulcer patients, this means more acid, more pain, slower healing.

Who do you need to forgive? A parent? A spouse? A colleague? Yourself? This is not about them — it is about FREEING your stomach from carrying their weight. Write a forgiveness letter today. You do not have to send it. But write it. Many people report a significant reduction in stomach tension within days of doing this exercise.

BONUS #4

H. Pylori Natural Elimination Guide

The Complete Protocol to Kill the Bacteria That Is Destroying Your Stomach

H. pylori are sneaky bacteria that live in your stomach and slowly eat away at the protective mucus lining. It causes 70% of all stomach ulcers and 90% of all duodenal ulcers. Most people do not even know they have it. This guide shows you how to eliminate it naturally.

How to Know If H. Pylori Is Your Problem

- Persistent burning or gnawing pain in the upper stomach
- Frequent burping that is excessive and ongoing
- Feeling of fullness very quickly after eating
- Nausea and occasional vomiting
- Unintentional weight loss
- Dark, tar-colored stools (urgent — see doctor immediately)
- Symptoms that were not fully resolved by standard ulcer medication

Getting Tested for H. Pylori

Ask your doctor for a breath test (urea breath test) or stool antigen test — these are the most accurate. A blood antibody test is less reliable. The breath test is simple, painless, and fast.

The Natural H. Pylori Elimination Protocol

These natural substances have been shown in clinical studies to inhibit and eliminate H. pylori. Use them together for maximum effect — this is a SYNERGISTIC protocol.

1. Broccoli Sprout Extract (Sulforaphane)

Why it works: One of the most powerful natural H. pylori killers known to science.

How to use: Eat 1 cup of lightly steamed broccoli twice daily OR take sulforaphane supplement (200–400mcg daily). Studies show 80% reduction in H. pylori activity in 8 weeks.

2. Manuka Honey

Why it works: The methylglyoxal (MGO) in Manuka honey directly kills H. pylori bacteria on contact.

How to use: Take 1 tsp Manuka honey (MGO 400+) on empty stomach in the morning AND 30 minutes before bed.

3. Black Seed Oil (Nigella Sativa)

Why it works: Studies have shown Nigella Sativa is as effective as some antibiotics against H. pylori.

How to use: Take 1 tsp black seed oil twice daily with meals. Can also mix with honey.

4. Mastic Gum

Why it works: A resin from the Pistacia lentiscus tree that has been used for 2,500 years to treat ulcers. Clinical trials show it can eliminate H. pylori completely in 2 weeks.

How to use: Take 1 gram (1000mg) mastic gum capsules daily for 2 weeks, then 500mg for maintenance.

5. Garlic (Cooked or Extract)

Why it works: Allicin in garlic is a powerful antibacterial agent that inhibits H. pylori growth.

How to use: Eat 1–2 cloves of cooked garlic daily (not raw — raw garlic irritates ulcers). OR take aged garlic extract supplement (600mg twice daily).

6. Green Tea

Why it works: Catechins in green tea inhibit H. pylori growth and reduce its ability to attach to stomach walls.

How to use: Drink 2 cups of green tea daily (not too strong). Let cool slightly before drinking.

7. Cat's Claw (Una de Gato)

Why it works: Alkaloids in Cat's Claw have direct antimicrobial activity against H. pylori.

How to use: Take 300–500mg capsule twice daily with meals OR brew as tea.

8. Probiotics (Lactobacillus strains)

Why it works: Specific Lactobacillus strains compete with H. pylori for space in the stomach, reducing H. pylori colonization by up to 60%.

How to use: Eat 1 cup plain probiotic yogurt (containing Lactobacillus acidophilus) daily. OR take Lactobacillus rhamnosus supplement.

IMPORTANT NOTE ON STANDARD H. PYLORI TREATMENT:

If your doctor prescribes Triple Therapy (antibiotics + proton pump inhibitor), you can combine that treatment WITH this natural protocol. The natural protocol will: (1) increase the effectiveness of the antibiotics, (2) protect your gut bacteria from antibiotic damage, and (3) speed up healing of the ulcer wound. Always inform your doctor of what you are taking.

■ REAL STORY — Victor O., 33, Kano — Confirmed H. Pylori Eradication

"My H. pylori test was strongly positive. My doctor prescribed triple therapy antibiotics. Alongside this, I followed the natural protocol in this guide — especially the mastic gum, manuka honey, broccoli, and black seed oil. When I retested 8 weeks later, H. pylori was COMPLETELY NEGATIVE. My doctor said the antibiotics alone usually take 2-3 cycles. He was surprised it worked the first time. I believe the natural protocol made the difference."

BONUS #5

The Ulcer-Free Grocery Shopping Bible

Exactly What to Buy, What to Avoid & How to Read Food Labels for Your Stomach

Shopping for ulcer healing should not be complicated or expensive. This bonus guide makes it simple. Walk into any market or supermarket with this guide and you will know EXACTLY what to buy and what to leave on the shelf.

Section 1: The Master Healing Shopping List

VEGETABLES

- Cabbage (fresh, green or white)
- Broccoli (fresh or frozen)
- Sweet potatoes / Irish potatoes
- Spinach / Ugwu / Kale
- Carrots
- Cucumber
- Green plantain (for boiling only)
- Aloe vera plant or bottled inner gel

FRUITS

- Ripe bananas (the riper the better)
- Ripe pawpaw (papaya)
- Ripe avocado
- Ripe watermelon (small amounts)
- Coconut (fresh coconut water and flesh)
- AVOID: Oranges, lemons, limes, pineapple, tomatoes

GRAINS & STAPLES

- Rolled oats (plain — no flavoring, no sugar)
- White rice (plain — easier to digest than brown rice during healing)
- Plain white bread (not multigrain during healing phase)

- Red lentils
- Brown beans (well-cooked, no spices)
- AVOID: Instant noodles, fried snacks, processed cereals with sugar

PROTEIN

- Eggs (egg whites especially)
- White fish (tilapia, catfish, hake)
- Chicken breast (skinless, boiled or grilled — no spice)
- Turkey (plain)
- Plain probiotic yogurt
- AVOID: Red meat during first 2 weeks, fried fish or chicken, peppered meats

HEALING PANTRY ITEMS

- Raw honey (Manuka if affordable — otherwise regular raw honey)
- Coconut oil
- Turmeric powder
- Ginger root (fresh)
- Chamomile tea bags
- DGL licorice tablets (from health store or pharmacy)
- Slippery elm bark powder
- Black seed (*Nigella sativa*) — seeds or oil
- Mastic gum capsules (optional but very powerful)
- Almond butter (unsalted)
- Chia seeds

Section 2: How to Read Food Labels for Ulcer Safety

Packaged food labels are full of hidden dangers for ulcer patients. Here is what to look for and what to avoid:

Ingredient on Label	What It Does	Safe or Avoid?
Citric acid	Highly acidic — burns ulcer wounds	■ AVOID
Sodium benzoate	Irritates stomach lining	■ AVOID
Natural flavors	Often includes acidic or spicy extracts	■■ USE CAUTION
Vinegar / acetic acid	Directly acidic — irritates ulcer	■ AVOID

Chili / pepper extract	Triggers acid production and pain	■ AVOID
Caffeine	Stimulates stomach acid production	■ AVOID
Carbonation / CO2	Gas creates pressure on ulcer wound	■ AVOID
Inulin / chicory root	Can cause gas and bloating in some	■■ USE CAUTION
Probiotics (L. acidophilus etc)	Beneficial bacteria for gut healing	■ GOOD
Turmeric / curcumin	Anti-inflammatory, healing for ulcers	■ GOOD
Ginger extract	Anti-nausea, anti-inflammatory	■ GOOD
Honey	Soothes, heals, antibacterial	■ GOOD

Section 3: Budget-Friendly Healing — How to Heal Without Breaking the Bank

Many people think that healing naturally is expensive. It is NOT. The most powerful ulcer-healing foods — cabbage, banana, oats, sweet potato, eggs — are among the cheapest foods available anywhere in the world.

Budget Healing Tip: Your 5 Most Powerful and Cheapest Healing Foods:

1. Cabbage — Very cheap. One head makes 2 weeks of cabbage juice. Most powerful food for ulcer healing.
2. Bananas — Cheap, available everywhere. Eat 2 per day. Soothing, alkaline, healing.
3. Oats — Very cheap per serving. One bag lasts weeks. The perfect healing breakfast.
4. Sweet potatoes — Cheap, filling, gentle on stomach, anti-inflammatory.
5. Raw honey — A little more expensive, but 1 small jar lasts 2 weeks and gives extraordinary healing benefits.

Total cost of your 5-item healing foundation: Very affordable on any budget.

You now have everything you need. The knowledge. The meal plan. The herbs. The shopping guide. The stress tools. The recipes. All that is left is ACTION.

Go shopping today. Make your first healing meal today. Brew your first chamomile tea tonight. Your 30-day journey to a pain-free, ulcer-free life begins with the very next thing you eat.

★ ★ ★ **YOUR HEALING STARTS NOW** ★ ★ ★

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DISCLAIMER: This guide is educational only. Always consult your doctor for diagnosis and treatment. Do not stop prescribed medications without medical advice.