

# ULCERS

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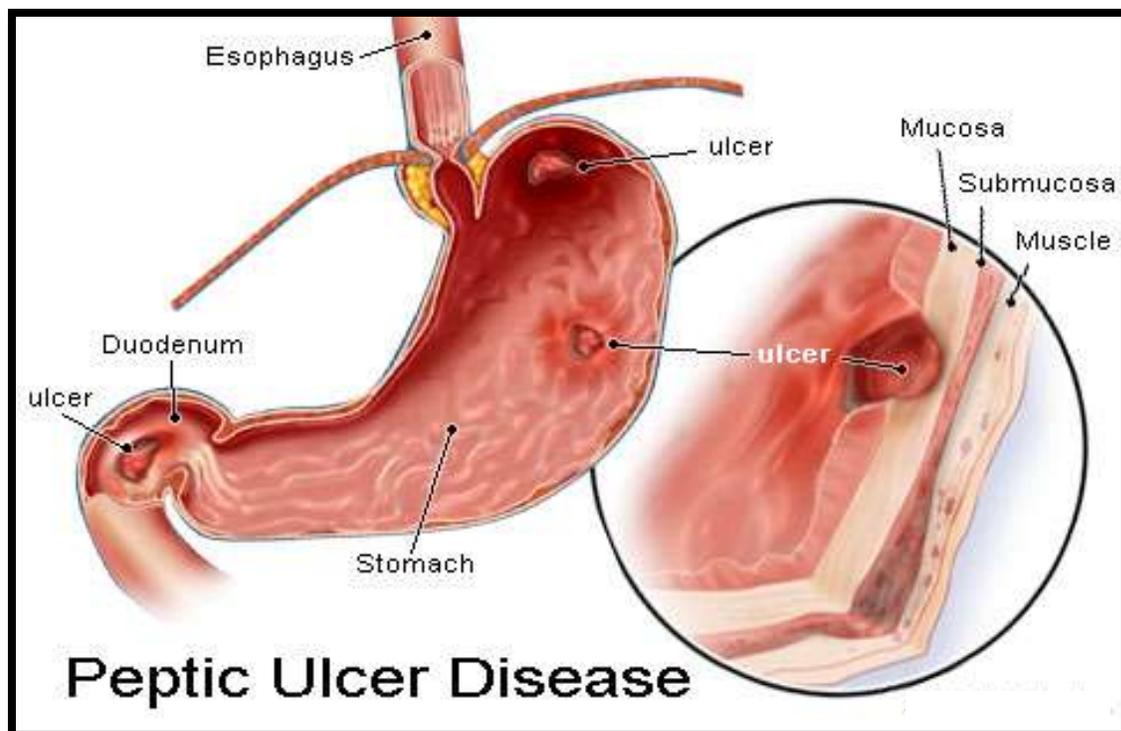


## Definition

Stomach and duodenal ulcers are caused by an excess of unneutralized digestive acids pouring into the delicate mucous membranes and literally eating a hole through them.

A person could hemorrhage to death from ulcers.

- The causes can be numerous: the pancreas does not produce enough bicarbonate of soda to neutralize stomach acid;
- The gall bladder has been removed and there is nowhere to store bile which constantly drips into the duodenum;
- An over production of hydrochloric acid by the bottom third of the stomach from improper nerve impulse messages from the brain;
- Worry and stress; drugs, alcohol; etc.



## Herbal Aids

**Dr. Christopher's Ulcer Formula:** Contains bayberry, chickweed, slippery elm, mullein. This formula is designed to soothe the discomforts caused from stomach ulcers.

It should be taken with hops or camomile tea.



**Please note, *To Cure An Ulcer*, take three teaspoons of cayenne pepper per day.** This cayenne may be mixed in water or tomato juice.

It is recommended that you start with only 1/8 teaspoon three times a day, and then gradually work up to the one teaspoon three times a day.



**Licorice:** The root tea can be used for treating stomach ulcers instead of the extracted principles; this has always been Dr. Christopher's recommendation, to use the entire herb instead of some isolate.

It is best taken before the time when the pain is predictable, making a standard infusion. Licorice root has also been known (and proven medicinally) to heal ulcers. This herb would be highly recommended.



**Licorice Root**



**Plantain:** The fresh juice can be almost miraculous to treat stomach ulcers; it can be preserved with twenty-five percent vodka or ten percent grain alcohol,

Use one teaspoonful in warm water before every meal until pain ceases.

**Cayenne:** Cayenne has been used for ages to aid stomach ulcer cases. We have seen some of the extremely painful cases given relief, and then healed by using cayenne faithfully each day over a period of weeks or months.

It should be used until pains are gone and permanent relief is assured.

We need to go to the cause of ulcers and eliminate those but we can begin by relieving the pain and healing the tissues.

Cayenne pepper should be taken by the teaspoon (start with 1/4 tsp. three times a day and work up to 1 teaspoonful three times a day). The cayenne pepper will even cauterize a bleeding ulcer.



**Juices:** Carrot, carrot & coconut, papaya.

**Pumpkin Seeds:** Another good food for inflamed intestines, stomach ulcers and hemorrhoids is the Pumpkin. The pumpkin seed is much recommended for prostate problems, tape and other worm elimination and constipation.

**Slippery Elm:** The thick, mucilaginous infusion was drunk to reduce fever, to ease a sore throat, stomach ulcers and other stomach complaints.



**Tagamet Substitute:** The allopathic drug popular for "ulcer management" is Tagamet. This stops the production of hydrochloric acid by the stomach. We want to regulate the production of acid. Whether there is too much or not enough, this formula will be a great aid:

- 1 tbsp. raw honey
- 1 tbsp. apple cider vinegar in a glass of steam distilled water
- Take this formula a half hour before meals



## Testimonials

**Cayenne:** A lady who had been attending Dr. Christopher's lectures over the years told the story of her husband who had a severe case of stomach ulcers. The doctor recommended that part of the stomach be removed, but the man preferred to suffer the pain rather than risk such an operation. But he also ridiculed his wife's recommendations to use Cayenne and other herbs. Whenever he would see Dr. Christopher in town, he'd bellow, "Hello, Doc! Killed anybody with Cayenne today?" Naturally, Dr. Christopher tried to avoid him, but one day he came directly to the Doctor--but this time without any sarcasm, instead being very apologetic, telling this story.



He had come home from work one night, so sick he wanted to die, with stomach ulcers. His wife was not home, but he was in such pain that he decided to commit suicide. When he looked into the medicine cabinet to find some kind of medicine poisonous enough to kill him, he discovered that his wife had discarded all the old bottles of pharmaceutical medicines. All he could find were some bottles of herbs and a large container of Cayenne pepper. He figured that a large dose of that would kill him, so he took a heaping tablespoon in a glass of hot water, gulped it down, rushed into the bedroom, and covered his head with a pillow so that the neighbors couldn't hear his dying screams.

The next thing he knew, his wife was shaking him awake the next morning. He had slept all night, the first time in years, instead of waking every half hour or so for anti-acid tablets. To his amazement, all his pain was gone. He continued using the Cayenne faithfully, three times a day, and never had any more trouble with ulcers.

**Cayenne Again:** Most medical doctors eliminate hot foods such as capsicum from the diets of ulcer patients and others with delicate digestion; as we have shown; this is directly opposite to that which is recommended by herbalists.

Their actions are influenced from medical research showing hemorrhaging occurring after introducing (mechanically) capsicum into the stomachs of persons prone to hemorrhages. Their observations are fact but tend to be inconclusive. Perhaps any substance introduced mechanically into the system could have caused hemorrhaging. From personal experience, I was very uncomfortable taking capsicum for my bleeding ulcers, but after one day of taking capsicum, in water, I never again experienced passing dark blood through my stools. Perhaps the immediate bleeding observed, by the researchers, would have been corrected through continued herb care.

**Cayenne:** I had symptoms of a stomach ulcer and I drank the Cayenne Pepper and now I have no more symptoms. Thank you again for your information on Cayenne and how it works for bleeding and heart attacks.

