



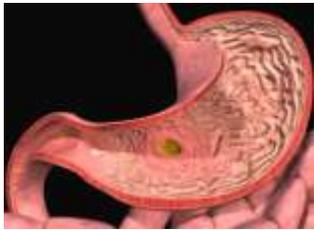
# Homeopathy

Newsletter 12, February 2011

[www.homeopathy3fold.com](http://www.homeopathy3fold.com)

Phone: 044-9662779

## Stops recurring ulcers



**P**eptic ulcers can occur in those parts near - and in the stomach that are in contact with stomach acid. The type of peptic ulcer and the

complaints resulting from it depends on its location. Approximately 1 in 10 people will be affected with a peptic ulcer in a life time. Usually there is a history of stomach aches, food sensitivities and heartburn before an ulcer occurs. Chronic use of so-called non-steroid anti-inflammatory drugs, like aspirin, ibuprofen, naproxen, etcetera are known to be causing peptic ulcers. **Homeopathy is a safe and natural medicine. Homeopathic remedies have no side effects, are not addictive and very effective. The reason for this is that homeopathic remedies stimulate your body to get rid of the peptic ulcer of its own accord.**

**A great offer for anyone who presents this newsletter at his or her first homeopathic consultation! A reduction of 5% from € 60.- to only € 57.- per consultation and the medication is always included in the consultation fee!**

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Enjoy this newsletter. Regards,  
**Jeroen Holtkamp, I.S.Hom.**

### What is homeopathy?

Homeopathy is a complimentary system of medicine that applies natural remedies to stimulate your own healing power from deep within. When affected by a peptic ulcer it is not only the unbearable pain in the stomach you are feeling, but at the same time you might be troubled with insomnia and feel extremely irritable and sensitive to light, noise, smells, etcetera. The homeopath takes all those symptoms in consideration and prescribes a remedy that **rapidly** cures the totality.

### Peptic ulcers

The inside of the stomach is lined with a mucous membrane. One of its functions is to protect the underlying muscle tissue against the acid in the stomach. In cases of peptic ulcer there is a misbalance between factors that promote the regeneration of the mucous membrane and acid production. When the mucous membrane is corroded too much, the acid causes a little hole in the muscle tissue.

#### The cause and/or aggravating factors are:

- Viral infection with Helicobacter pillory
- Genetic predisposition
- Smoking and caffeine
- Stress
- non-steroid anti-inflammatory drugs

#### General symptoms are:

- Pain in upper abdomen
- Loss of appetite and weight
- A full feeling in the stomach
- Nausea and sometimes vomiting

#### Complications:

When the acid damages a little blood vessel it causes loss of blood, which leads to anaemia. When anaemic the person will look pale and has beside the above symptoms trouble with fatigue, dizziness, weakness and heart palpitations as well. In case of big loss of blood the stool will look black and one urgently should seek professional help. The acid can even perforate the stomach wall which causes fever and even shock may be developed.

### Homeopathic treatment of peptic ulcers

Homeopathic practitioners have the experience that diseases, including peptic ulcers, have not one, but more causative factors. We regard, beside viral infections, stress as one of most important factors that increase the tendency for peptic ulcers. That is why I would not only enquire for the ins and outs of your stomach problems during a consultation, but I would also ask questions about your sleeping pattern, history of disease, important moments in your life, etc. Based on that information I prescribe a tailor-made remedy that bring relief **rapidly** without side-effects.

### Peptic ulcers and nutrition

As a homeopath I am also concerned with the food habits of people who suffer from recurring peptic ulcers for a long time. Ulcer sufferers developed food sensitivities over time, because they associate pain with certain foods. However only the following are scientifically known to stimulate the acid production and cause pain: smoking, taking alcohol, coffee, cola and chocolate. On the



long term food sensitivities can lead to nutritional insufficiency.

People are inclined not to eat enough fibre and wholesome food and because of that

constipation is quiet common. During the treatment I advice ulcer patients to gradually start to eat more wholesome food.

**I recommend the health food shop 'Nuts and Grains' opposite the back-exit of the Dunne Stores shopping centre in Mullingar. They sell a wide range of high quality wholesome food products, low in price, with excellent service and a smile.**

Green Street Medical Centre, Castlepollard

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