Welcome!

Hi, my name is Dave Hompes. I had *H. pylori*, beat it without medications, and now I teach people how to do the same. Thank you so much for downloading this mini e-book. It won’t take you long to read, and I am going to teach you:

- Which symptoms *H. pylori* causes
- Which diseases it is linked with
- How the medical system treats *H. pylori*
- Whether medical treatments work
- Eight key foods to avoid when you have *H. pylori*
- The pros and cons of natural treatments
- Which natural substances fight *H. pylori*
- Which specific products you can use to fight *H. pylori*
- How you can use probiotics to reduce antibiotic side effects
- Which products to use to help fix your gut once *H. pylori* has gone
- How to get additional help if you would like some guidance

I hope the information teaches you a lot, helps to reduce your confusion and frustration around *H. pylori* and your symptoms, and saves you appreciable time and money!

Look out for further helpful emails, and find us on Facebook and other social media (read through to the end to find out how).

Before we look at some natural ways to fight *H. pylori*, please allow me to introduce myself.

My story

This mini e-book isn’t about me, but it’s important for you to know that I was once in your shoes.

In 2004 I went on holiday to Egypt and on day four became violently ill. I lay in bed on the Sunday night feeling like my chest and stomach were on fire and that they were about to explode.

Eventually I vomited and the heartburn & chest pain went away, but I felt nauseous and weak. I developed abdominal pain and bloody-stools in the days to come.

When I returned to the UK, I had a white furry coating on my tongue (*Candida* overgrowth) and felt tired and disinterested in all areas of life.
It took more than three weeks for me to regain my strength and I recall thinking how nasty the bug I caught must have been. Then, when I had a lot of stress in 2007, my heartburn and acid reflux returned with a vengeance. It also felt like my lower digestive system felt like a washing machine.

I was low on energy, felt anxious on some days and depressed on others. I wasn’t sleeping at all well, and I developed a nasty case of dandruff. Worst of all, my sex drive dropped through the floor and my romantic relationship fell apart.

My doctor wanted me to take proton pump inhibitors (acid blocking medications) for the heartburn, and said the rest of the symptoms were probably just due to “stress”.

I wasn’t prepared to accept this advice - I knew too much about the way human bodies work to simply medicate my symptoms. I did a simple stool test at home, the results of which showed I had H. pylori, and a saliva test for adrenal and sex hormones that showed I had low cortisol and testosterone levels.

By taking some herbs to support my adrenals and some anti-bacterial herbs to fight H. pylori, nearly all my symptoms cleared inside just three months.

My energy levels returned, my mood stabilized, I slept better, my dandruff went away, my sex drive came back and my digestive heartburn and acid reflux were completely dowsed. I decided it’d be a good idea to help others get the same results.

**My experience**

Since early 2008, my team and I have worked individually with some 2,000+ clients from 23 different countries. We specialize in helping people just like you who are struggling to eliminate H. pylori, and many of our clients initially approach us because they struggle with this “bad bug”. But our ability to help extends way beyond simply H. pylori.

Using a system called Hompes Method, we help our clients overcome symptoms in what I call the Seven Areas of Health – digestion, sexual symptoms, energy problems, aches and pains, mood, sleep and skin problems.

**H. pylori symptoms**

I don’t know at this stage whether or not you have H. pylori. My audience is typically made up of four groups of people:
1. Folk who already know they have *H. pylori* who either have not treated it yet and are looking for general information.

2. People who are fed up with treatments not working.

3. Individuals who are experiencing unexplained symptoms and aren’t getting the answers they are looking for from the medical system.

4. Folk who are just feeling awful. They have a cluster of different symptoms and just don’t know what to do or where to turn.

*H. pylori* infections can cause many different symptoms. Your doctor will know about some of them, but may not know about others.

Heartburn, acid reflux, chest pain and burning, bloating and ulcers are the *H. pylori* symptoms doctors generally know about.

In fact, we also know that *H. pylori* is associated with dozens of symptoms and diseases. Here is a list taken straight from my book, *The H. Pylori Diet*:

- Depression & anxiety
- Low energy
- Lethargy
- Heart palpitations
- Brain fog
- Headaches
- Sleep problems
- Rapid weight loss
- Weight gain and obesity
- Skin problems such as urticaria and rosacea
- Bad breath
- Pain between the shoulder blades
- Sinus problems
- Anaemia
- Bronchitis
- Colitis
- Colorectal cancer
- Crohn’s disease
- Heart disease
- High blood pressure
- High cholesterol
- Homocysteine
- Low stomach acid
- Gallstones
- Insulin resistance
- Liver disease
- Lung cancer
- Migraines
- Osteoporosis
- Pancreatitis
- Parkinson’s disease
- Raynaud’s syndrome
- Crohn’s disease
- Heart disease
- High blood pressure
- Urticaria
- Nutrient deficiency
- Vomiting during pregnancy

We don’t know for sure that *H. pylori causes* these problems in everyone; we just know there’s an association.

My clinical experience in working with some 2,000+ clients has taught me that the eradication of *H. pylori* can lead improvements in some weird and wonderful symptoms.

I’ve witnessed people’s energy levels skyrocket, their skin clear up, their
mood lift or calm, their appetite return, their weight normalize and many other "miraculous" recoveries and rejuvenations when *H. pylori* was eradicated.

**How does *H. pylori* cause so many symptoms?**

There are a whole bunch of theories as to how *H. pylori* and gut health in general create symptoms elsewhere in the body.

First, *H. pylori* can reduce stomach acid levels, leading to iron and vitamin B₁₂ deficiencies. In turn, these deficiencies lead to low energy (fatigue), depression, lethargy, headaches and others listed.

Another way *H. pylori* can cause problems elsewhere in your body is to trigger stomach inflammation (AKA gastritis). This inflammation can spill over into other areas of your body, leading to symptoms in your nervous system, muscles & bones, hormone and cardiovascular systems.

**Does *H. pylori* always cause symptoms?**

Then again, in some people *H. pylori* doesn’t seem to cause any problems at all. Some experts regard *H. pylori* as a normal part of our gut bacteria.

The strain of *H. pylori* is important. You and I could have different strains of the bacterium and have completely different symptoms.

**H. pylori and serious diseases**

We know from scientific research that the effects of *H. pylori* contribute in some people to high blood pressure, insulin resistance, heart disease & strokes, but it appears to be specific strains. I write about this in my books.

We also know that *H. pylori* is a cancer-causing agent, and is responsible for certain stomach cancers. Again, it’s believed that certain strains are more dangerous than others.

**H. pylori treatment**

Doctors usually treat *H. pylori* by prescribing something called triple therapy, which is a combination of two different antibiotics with a proton pump inhibitor (acid blocker).

The antibiotics (supposedly) kill *H. pylori* whilst the acid blocker may relieve heartburn and pain symptoms, whilst making the antibiotics more effective.

If treatment doesn’t work, doctors may then prescribe different versions of triple therapy. If this still doesn’t work, quadruple or sequential therapy may be used.
Do these treatments work?

I was able to eradicate *H. pylori* and resolve my symptoms very quickly without antibiotics, and I’ve helped countless hundreds of people achieve similar results.

However, I would NEVER suggest that triple, quadruple and sequential therapies do not work. These therapies are effective, but they are not as effective as most doctors and patients believe them to be.

The latest research I read, from the 2012 Maastricht consensus report, found that triple therapy is effective around 70 percent of the time.

**Pharmaceutical side effects**

Triple therapy can cause really nasty side effects, but some people sail through treatment without a problem.

These side effects include mood changes, low energy, diarrhea, nausea, unpleasant taste in the mouth or even muscle and joint pain.

**Antibiotic resistance**

The chief medical officer for England recently stated that if we’re not careful, we may end up with an “apocalypse” of antibiotic resistance as soon as 2025.

We’ve used antibiotics so much over the last 100 or so years as a society that bacteria have become resistant to them. *H. pylori* is a case in point, which is why treatments aren’t as effective as they used to be.

**Other problems can be triggered by *H. pylori* treatments**

Antibiotics are associated with a “rebound” overgrowth of fungal organisms called *Candida albicans*. *Candida* is often found alongside *H. pylori*, and can proliferate out of control when antibiotics are taken, thus worsening already unpleasant symptoms.

*Candida* symptoms include digestive complaints, fatigue, mood changes, as well as vaginal and oral thrush.

The use of acid blocking drugs is associated with problems, too. Short-term use can trigger Candida overgrowth, as well as other bacterial infections such as *Clostridium difficile*.

Long-term acid blocker use is associated with nutritional deficiencies and is a risk for several diseases, including osteoporosis and heart disease.

**The medical system: a one dimensional treatment approach**
The sole reason for using antibiotics is to kill *H. pylori*. The bug is blamed for everything, so if we knock out the bad bug, everything will be fine, right?

But patients often ask me, “Why do I feel unwell even when my *H. pylori* has been eradicated?”

Look, eradicating *H. pylori* and overcoming symptoms can be two completely different end products. Here are a few reasons why:

- *H. pylori* may not have been causing your symptoms in the first place (food, other bad bugs and other factors may be the culprits).
- Treating *H. pylori* may have triggered other possible symptom causes such as *Candida*, small intestinal bacterial overgrowth (SIBO).
- *H. pylori* may have led to reduced stomach acid levels, which is known to cause many symptoms.
- Stomach and intestinal damage may not repair immediately even when *H. pylori* has been eradicated, meaning symptoms don’t go away.

If *H. pylori* is only part of your symptom picture, don’t expect your symptoms to improve that much even if you manage to eradicate the *H. pylori*.

**Natural treatments for *H. pylori***

I realize this is the part you’ve been waiting for, but I had to set some context to make this section make more sense. In my experience, the advantage of using foods, extracts and herbs to defeat *H. pylori* are as follows:

- Less aggressive, yet still very effective
- Fewer side effects
- Lessen the risk of antibiotic resistance
- Can be anti-inflammatory and soothe gut tissue
- Available in different forms for people who don’t like taking pills
- Effective against some other bad bugs
- Improve digestive function and have other health benefits

The biggest disadvantages when using alternative approaches are:

- They may take a little longer to work
- They are generally paid for out of pocket rather than being available at virtually zero cost via the health service or insurance company
- Confusion as to which specific products to use so as to ensure the highest possible purity and quality
- Not knowing precisely how to use these products and a fear of using them wrong (my book, *The H. Pylori Diet*, covers this in great detail)
- Conflicting information on the Internet regarding what works and what doesn’t (again, *The H. Pylori Diet* also covers this)
Having worked with more than 2,000 people, many of whom had *H. pylori*, I know for sure what works and what doesn’t when it comes to natural approaches.

I’ve found a variety of natural substances to be effective when helping my clients overcome *H. pylori*, and I hope they help you as well.

It is very important to understand exactly how to run the natural programme properly so that you do not waste time and money. Here are the aspects you must know:

- Exactly which herbal and supplements to use to get maximum benefit.
- Where to obtain products that contain herbs and nutrients that have the highest potency and quality.
- The correct dosage of each supplement: if you do not use the right dose, the programme might not work.
- Whether to take the product with or without food.
- The duration of the programme: a programme that is too short may not work, or may only work temporarily.

**Berberine**

Berberine is a constituent of herbs such as goldenseal, barberry and Oregon grape. It has been shown to have broad-spectrum antibiotic activity. Studies *in vitro* (in the lab, not in the body) have demonstrated that berberine can inhibit *H. pylori*.

**Deglycyrrhizinated Liquorice Root (DGL)**

DGL is a well-established anti-ulceration and gut-healing agent. DGL can coat and soothe the intestinal lining and promote the healing of inflamed tissue and ulcers. Research suggests that flavonoids in liquorice have impressive antimicrobial activity against *H. pylori*.

**Manuka Honey**

Manuka honey comes from New Zealand. It is often promoted as a food that can kill *H. pylori*. Whilst this may be the case, it is worth remembering that honey has a lot of sugar and might cause *Candida* problems.

**Mastic Gum**

The protocol I originally learned in my functional medicine training involved the use of mastic gum. It didn’t work for me, but I have used it with great success with my clients.

**Matula Herbal Formula**

My preferred cleanse involves a 30-day course of Matula Herbal Formula.
Matula Herbal Formula resolved my symptoms very quickly. In fact I was staggered by the speed at which my symptoms eased using the product. You will doubtless read mixed reports about Matula on the Internet. Because it is a relatively expensive product, people are naturally disappointed if they do not feel better when they take it. No single supplement or drug works for everyone, and remember that other bad bugs, as well as the food you consume may be causing your symptoms not *H. pylori*.

**Siberian Pine Nut Oil**

I personally do not have any experience of using pine nut oil. I have read mixed reports about it on the Internet and have received emails from people who have used it without any success. To date I have not seen any research that proves its efficacy. Nevertheless there are some positive testimonials on some websites.

**Sulforaphane**

Sulforaphane is a naturally occurring chemical found in cruciferous vegetables such as broccoli, cabbage and brussels sprouts. A number of studies have demonstrated that it has the capacity to inhibit *H. pylori*.

**Vitamin C**

Some studies have suggested that vitamin C may inhibit and even kill *H. pylori*. More research is needed to determine the optimal dosing and programme duration.

**‘Vitamin U’**

Vitamin U – also known as MSM – is found in raw cabbage. Cabbage juice has been studied extensively in Russia and other Eastern European countries for the healing of damaged and eroded intestinal gut tissue.

**Zinc-L-Carnosine**

To my knowledge, zinc-l-carnosine has not been shown to have antimicrobial properties against *H. pylori*. However it is excellent for repairing damage to the stomach lining, and may assist in healing ulcers.

**Specific high quality products**

It can be hard to distinguish high quality versus lower quality products – there are some good ones and some not so good ones.

A full discussion of why I recommend specific products as well as dosing and duration can be found in *The H. pylori Diet*.

Irrespective of what supplements you take, dietary changes can often be the
“make or break” factor in determining whether or not you overcome your symptoms.

**Matula Herbal Formula**

You make a cup of tea twice daily and drink it on an empty stomach. It’s great for kids and people who don’t like taking pills and capsules.

**Gastromend-HP**

Gastromend-HP by Designs For Health is a good product that is based on mastic gum. It also contains DGL, vitamin C and vitamin U.

**Bio-HPF**

Bio-HPF by Biotics Research Corporation contains bismuth citrate and berberine, which may inhibit *H. pylori*. It also contains DGL and several other herbs that have been shown to support the lining of the digestive tract.

**Pyloricil**

Pyloricil by Orthomolecular Products contains mastic gum, bismuth citrate, berberine and ginger root extract. It offers an alternative if you do not tolerate DGL very well.

**BroccoMax**

Broccomax is a supplement from Jarrow Formulas that contains broccoli extract (sulforaphane), which has antimicrobial activity against *H. pylori*. Broccoli sprout extract definitely inhibits *H. pylori* according to the scientific literature.

**Allicillin**

Allicillin by Designs For Health is a supplement that enables you to get a hefty dose of potent garlic extract without eating lots of garlic! I recommend caution with this supplement if you have low blood pressure, or clotting problems, or if you are taking blood-thinning medications.

**Biofilm disruptors**

A biofilm is like a little cover that encases microbe colonies. *H. pylori* can colonies are no different. The problem is that herbs and even antibiotics may not be able to penetrate biofilms and kill bacteria. Two products I have successfully used to collapse biofilms are are Biofilm Defense by Kirkman Labs and Interfase Plus by Klaire Labs.

**Probiotics can help**

Research has indicated that when triple therapy is used against *H. pylori*, the
treatment effectiveness increases, and side effects are reduced.

There are hundreds if not thousands of probiotic products on the market, so which one do you choose? Well, it’s very much an individual choice. Some products work well for some people, and other work well for others! Here are some specific products that my clients have found effective:

- ABX Support by Klaire Labs (specifically designed for support when you take antibiotics)
- Adult Formula CP-1 by Custom Probiotics
- Primal Defense by Garden Of Life
- Candida-Pro by a company called ProSymbiotics, which contains lactoferrin, which is also helpful in fighting *H. pylori*.

**Putting it together**

As you can see from this supplement list, there is a lot to consider, and I have not mentioned the role of food yet (that comes next!)

**The role of food**

Several foods can cause the same or similar symptoms as *H. pylori*. I promised you I would list eight such foods for you, and here they are:

1. Gluten, including any wheat-based bread and pasta
2. Cow’s milk
3. Soy
4. Processed grains and sugars
5. Vegetable oils and fried foods, and margarine
6. Processed sugar
7. Soda drinks / pop
8. Alcoholic beverages

If you continue eating these foods, your symptoms may not go away even if you do eradicate *H. pylori*, so I recommend you try avoiding them for 30-60 days to see what difference it makes.

*The H. Pylori Diet* not only teaches you how to avoid these foods – it also shows you what to eat instead and provides plenty of simple recipes to get started.

**Gut healing**

Once “bad foods”, *H. pylori* and other bad bugs have been removed, it is wise to support the healing of your digestive system, which can be badly damaged. Vitamin C and Bs, zinc, l-glutamine, slippery elm and aloe vera are helpful.

Three products containing these ingredients are effective:
GI Revive powder by Designs For Health
✓ Repair Vite by Apex Energetics
✓ Glutagenics by Metagenics

They can be mixed with water and taken in the morning and at night for 2-3 months. I also recommend gelatin-rich foods such as broths or gelatin powder mixed in water (a very simple strategy to help heal the gut).

About Your Expectations

Having worked with 2,000+ clients on a one-to-one basis, I've spotted some important patterns. I've also received thousands more emails and messages on my social media channels from confused and frustrated people. So I'd just like to take a moment to set your expectations when it comes to *H. pylori* treatment:

1. *H. pylori* can be treated using triple therapy antibiotics, but they can cause side effects and they are NOT as effective as your doctor might think.
2. Triple therapy can worsen symptoms in some people and it can lead to additional problems like *Candida* overgrowth.
3. Successfully treating *H. pylori* may resolve all your symptoms.
4. Successfully treating *H. pylori* not lead to improvements in your symptoms at all, or may only improve them slightly.
5. You may need to change your diet in order to feel better.
6. You may need to allow time for your gut to heal before you feel better.
7. You could have parasites, *Candida*, other bacteria, and other bad bugs.
8. Your stomach acid, digestive enzyme and liver/gallbladder function might be a low and sluggish.
9. You may need to run a stool test and determine precisely what else is happening in your digestive system in order to feel better.
10. You might require work to restore the above over a period of 3-6 months in order to feel like your old self again.

Don’t get me wrong, triple therapy can be a “miracle cure” but it can be “miracle nightmare” for others!

I don’t want you to think it’s a given that you will take some pills and automatically feel better. For some people it doesn’t work out that way. Other factors may be at play and I find a more diligent, common sense approach works best.

Resources

I have created tons of resources to help you rejuvenate your health, and the most logical starting point is my *H. Pylori Diet* e-book.
The H. Pylori Diet (instant download PDF)

- Reduces confusion and saves you time and money by setting the record straight about *H. pylori* and your symptoms
- How you get *H. pylori* in the first place
- How your digestive system works and how *H. pylori* causes problems
- What symptoms and diseases *H. pylori* causes
- How common foods cause problems
- Which foods to avoid and which foods to eat instead
- "Getting started" recipes for breakfast, lunch and dinner
- Insider tips to make food preparation more time efficient
- Specific "stomach cleanse" supplement protocols including dosing and duration
- Anti-*Candida* protocol to use after *H. pylori* has been eradicated
- How to avoid getting *H. pylori* again
- Real life case studies
- Parasite, fungal and adrenal fatigue questionnaires
- 226 pages / 204 scientific and medical references
- Risk-free – 30 day money back guarantee

Find out more and get your copy now by clicking the link below or copying and pasting into your web browser:


OK, I guess I've said all I can for now, and I really hope this short e-book has been helpful. We are on a mission to help people like you rejuvenate their health and vitality, so please don't hesitate to contact us for help.

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