

HELICOBACTER PYLORI

What is H. Pylori?

H. Pylori is a bacteria that is present in the fecal matter of poultry (chicken, eggs, and turkey).

How to people get infected with H. Pylori?

Infection results from eating chicken, turkey, or eggs that are infected with the bacteria. It is estimated that over 50% of poultry and eggs are contaminated with H. Pylori when they undergo processing.

What can people do to prevent H. Pylori infection?

The only way to avoid H. Pylori infection is to totally avoid eating chicken, turkey, or eggs. H. Pylori is very resistant to heat and is therefore very difficult to kill by cooking. Also, once you have had an H. Pylori infection, you are much more susceptible to getting infected again.

How does CranioBiotic treatment address H. Pylori?

CBT treatment uses your own brain and immune system to focus on the infection and quickly deal with it. Only one treatment is usually necessary, and symptomatic relief is obtained within 48 hours. However, you must eliminate all poultry and eggs from your diet, or you can learn how to do the correction yourself.

What is the medical treatment for H. Pylori eradication?

Therapy for *H. Pylori* infection consists of 10 days to 2 weeks of one or two effective antibiotics, such as amoxicillin, tetracycline (not to be used for children <12 yrs.), metronidazole, or clarithromycin, plus either ranitidine bismuth citrate, bismuth subsalicylate, or a proton pump inhibitor.

How common is H. Pylori infection?

Approximately two-thirds of the world's population is infected with *H. Pylori*. In the United States, *H. Pylori* is more prevalent among older adults, African Americans, Hispanics, and lower socioeconomic groups.

What illnesses does H. Pylori cause?

Most persons who are infected with H. Pylori never suffer any symptoms related to the infection. However, *H. Pylori* causes chronic active, and persistent gastritis in adults and children. Infection with *H. Pylori* also causes duodenal and gastric ulcers. Infected persons have a 2- to 6-fold increased risk of developing gastric cancer and mucosal-associated-lymphoid-type (MALT) lymphoma compared with their uninfected counterparts. The role of *H. Pylori* in non-ulcer dyspepsia remains unclear.