

Good news on the ulcer front. In a word – or two actually – cabbage juice. That's right. The National Institutes of Health reports:

“Thirteen patients with peptic ulcer were treated with fresh cabbage juice, which, experiments have indicated, contains an antipeptic ulcer factor. This factor (vitamin U) prevents the development of histamine-induced peptic ulcers in guinea pigs. The average crater healing time for seven of these patients who had duodenal ulcer was only 10.4 days, while the average time as reported in the literature, in 62 patients treated by standard therapy, was 37 days.”<sup>1</sup>

Another report reveals:

“Cabbage (Brassicaoleracea) and its juice contain glutamine and S-methylmethionine, two compounds with anti-ulcer properties. Melvyn Werbach, M.D., assistant clinical professor of psychiatry at the University of California, Los Angeles, School of Medicine, and author of Nutritional Influences on Illness, refers to a study using raw cabbage juice showed remarkable improvement within three weeks, compared with 32 percent of those taking placebo. Dr. Garnett Cheney at Stanford University's School of Medicine, as well as other researchers in the 1950s, found that cabbage juice was particularly beneficial for peptic ulcers (Cal Med 70:10-14, 1949). One of Dr. Cheney's favorite juice recipes includes ½ head or two cups of green cabbage, four ribs of celery, and two carrots. Cut the cabbage into long wedges and feed through the juicer, followed by the celery and carrots.”<sup>2</sup>

The Happy Juicer reports:

“Ulcers are found in the digestive tract and can cause severe pain. An ulcer is an open sore that is found in the lining of the digestive tract. Cabbage juice has been used for many years to heal ulcers. Ulcers are widespread in North America and Europe and can be stimulated by a number of triggers including stress, the wrong diet and alcohol. The use of some prescription drugs such as aspirin and ibuprofen can also cause ulcers.

There are two main types of ulcer. Peptic (gastric) ulcers that are found on the lining of the stomach whereas duodenal ulcers are found on the lining of the upper small intestine (duodenum). The pain experienced by people who have ulcers is caused by the open sore coming into contact with acidic digestive juices. When food is ingested it can bring temporary relief from the pain as the acids are neutralised by the food but the pain returns after the food is digested.”

[www.mothenature.com](http://www.mothenature.com) records:

“Classic European remedies whose effectiveness has been verified by medical research include raw cabbage and potato and celery juices. Drinking a cup of cabbage juice four times a day can heal stomach ulcers in only ten days. If juicing cabbage does not fit into your busy schedule, you can purchase dehydrated, raw cabbage powder at natural food stores.

The magic ingredient in cabbage is sometimes called the anti-ulcer U factor. Its technical name is Glutamine and has proved to be a better ulcer cure than antacids. In one study, the ulcers of half the participants disappeared in only two weeks, and those of almost all the rest were healed in four weeks.”<sup>3</sup>

So now you know.

#### More Information

**Juice It Up!** 19 Aug 2009 ... **Cabbage juice** healed peptic and duodenal ulcers in an incredible 92 percent of cases studied!

<http://www.doctoryourself.com/colitis.html>

To purchase any of the items mentioned above please go to <http://interneka.com/affiliate/AIDLink.php?BID=11205&AID=34037>

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<sup>1</sup> <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1643665/>

<sup>2</sup> [http://www.thebabysamshow.com/Vits\\_Minerals/Peptic%20Ulcers.htm](http://www.thebabysamshow.com/Vits_Minerals/Peptic%20Ulcers.htm)

<sup>3</sup> <http://www.mothenature.com/Library/bookshelf/Books/15/39.cfm>