



# Holladay Physical Medicine

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This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

## Peptic Ulcer Diet

Eat six smaller meals each day spread out equally. These should be predominantly protein (50%) fat (20%) and carbohydrates (30%) and include only complex carbohydrates.

### **AVOID**

Refined carbohydrates: cake, cookies, candy, pie, ice cream, baked items, etc.

Partially hydrogenated fat, Deep Fried foods

Processed meats, hot dogs, MSG

Alcohol

Tobacco

Carbonated drinks of any kind

Although dairy products are generally recommended for this condition, they do not stimulate production of mucosal membranes and thus do not help in healing. Be cautious about them as a main part of your diet.

Drink only distilled water or fresh vegetable juice.

Rest sitting up after each meal

Do not lie down after eating.

### **EXERCISE**

Walk at least 20 minutes each day

Purpose: This diet is designed to restrict or avoid foods that may cause gastric irritation and excessive gastric acid secretion and help prevent uncomfortable side effects such as heartburn.

Use: This diet has been designed for those people with gastroesophageal reflux disease, esophageal ulcers, esophagitis, peptic ulcer disease, dyspepsia, chronic gastritis, peptic esophageal strictures, or have other problems involving the esophagus.

### **Dietary guidelines that may help decrease reflux and/or stomach acid:**

- Eat three small meals and three snacks evenly spaced throughout the day. It is important to avoid periods of hunger or overeating.
- Eat slowly and chew foods well.
- Be relaxed at mealtime.
- Sit up while eating and for 1 hour afterward.
- Avoid eating within 3 hours before bedtime. Bedtime snacks can cause gastric acid secretion during the night.
- Cut down on caffeine-containing foods and beverages, citrus and tomato products, and chocolate if these foods cause discomfort.
- Include a good source of protein (milk, meat, egg, cheese, etc.) at each meal and snack.
- Milk and cream feedings should not be used as antacid therapy. Although milk protein has an initial neutralizing effect on gastric acid, it is also a very potent stimulator. Hourly feedings of milk have been shown to produce a lower pH than three regular meals.
- Caffeine-containing beverages (coffee, tea, and cola drinks) and decaffeinated coffee cause increased gastric acid production but may be taken in moderation at or near mealtime, if tolerated.

There is little rationale for completely eliminating any foods from the diet unless a particular food causes you repeated discomfort.

### **PREMISE**

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

### **USE OF PRESCRIPTION DRUGS**

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

## **SUPPLEMENTATION:**

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

### **GENERAL DAILY SUPPLEMENTS**

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

### **SPECIFIC FOR THIS CONDITION**

- Gastrex on an empty stomach
- Okra Pepsin E3
- Chlorophyll Perles
- HiPep
- Phosfood

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

## **EXERCISE**

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

## **MAINTENANCE:**

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

## **OTHER INFORMATION:**

We offer a wide variety of health information at our web site.

[www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.