

## Functional Medicine: Dealing with H. Pylori

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H. Pylori is one of the latent bacterial infections that often goes undiagnosed or misdiagnosed. Frequent acid reflux and gastric pains, frequent indigestion, and an exaggerated sensation of stomach fullness after a small meal are all signs of a possible H. Pylori infection.

Constant gastritis interferes with emptying of the stomach. That causes bloating.

It has been shown that H. Pylori infections are associated with a high incidence of heart attacks and strokes, as well as glaucoma, stomach cancer, esophageal cancer, and possibly Alzheimer's disease – all because of constant inflammation.

Keeping the immune system – especially cellular immunity – strong is critical for keeping these infections under control. It is this arm of the immune system, cellular immunity, which keeps these viruses and bacteria under control and dormant.

This can be accomplished by taking 250 mg to 500 mg of beta 1,3/1,6-glucan on an empty stomach once a week for at least every two weeks.

Olive leaf extract also keeps immunity strong and reduces the risk of heart attack.

Unlike beta-glucan, olive leaf extract increases the phagocytic effectiveness of white blood cells, needs to remove bacteria and viruses.

You should also take a prebiotic and probiotic. Gut health plays a major role in keeping the immune system strong and healthy.

**Dr. Badanek has been and currently is 40 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at [Dr.Badanek.com](http://Dr.Badanek.com) and [www.alternativewholistic.com](http://www.alternativewholistic.com), and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151**