

Lifestyle and home remedies for ulcer:

You may find relief from the pain of a stomach ulcer if you:

- **Choose a healthy diet.** Choose a healthy diet full of fruits, especially with vitamins A and C, vegetables, and whole grains. Not eating vitamin-rich foods may make it difficult for your body to heal your ulcer.
- **Consider foods containing probiotics.** These include yogurt, aged cheeses, miso, and sauerkraut.
- **Consider eliminating milk.** Sometimes drinking milk will make your ulcer pain better, but then later cause excess acid, which increases pain. Talk to your doctor about drinking milk.
- **Consider switching pain relievers.** If you use pain relievers regularly, ask your doctor whether acetaminophen (Tylenol, others) may be an option for you.
- **Control stress.** Stress may worsen the signs and symptoms of a peptic ulcer. Consider the sources of your stress and do what you can to address the causes. Some stress is unavoidable, but you can learn to cope with stress with exercise, spending time with friends or writing in a journal.
- **Don't smoke.** Smoking may interfere with the protective lining of the stomach, making your stomach more susceptible to the development of an ulcer. Smoking also increases stomach acid.
- **Limit or avoid alcohol.** Excessive use of alcohol can irritate and erode the mucous lining in your stomach and intestines, causing inflammation and bleeding.
- **Try to get enough sleep.** Sleep can help your immune system, and therefore counter stress. Also, avoid eating shortly before bedtime.

Alternative medicine

Over-the-counter medications that contain calcium carbonate (Tums, Rolaids), may help treat peptic ulcers but should not be used as the primary treatment. There is also some evidence that zinc can help heal ulcers.

Among botanicals recommended to treat peptic ulcers are turmeric, mastic, cabbage, deglycyrrhizinated licorice, and neem bark extract.

While over-the-counter and alternative medications may be helpful, evidence on effectiveness is lacking. Therefore they are not recommended.

Courtesy of Mayo Clinic