REPLACE CANCEROUS HRT WITH SAFE MENOPEACE THERAPY

holistic healing

Oh, what a relief it is
Zinc carnosene and its anti-ulcer effects

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Every year more than 50 million people visit their doctors for digestive problems. As a result, acid blockers and antacids are two of the top-selling pharmaceutical products.

Over-the-counter and prescription use of antacids is so high because burning from natural stomach acid causes many people pain and discomfort.

What we forget is that our bodies produce stomach acid for a reason. Stomach acid helps prevent infections by killing germs that are naturally present in the foods we eat. It also is necessary for the release of nutrients and minerals from foods. As well, stomach acid aids the digestion of protein through the secretion of pepsin.
But for those of us with digestive problems, normal digestion can be painful. If the stomach is not sufficiently coated with its natural protective mucous lining we are left with an exposed or partially exposed stomach lining that becomes weakened with the natural acid. For many of us, it seems that taking an antacid will do the trick of coating the stomach lining and reducing stomach pain.

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While using an antacid might alleviate the pain by soaking up excess acid, it really only masks an underlying problem. We disregard the fact that extended use of antacids can lead to nutritional deficiencies, making antacids dangerous to the body's delicate balance. When even a small amount of acid touching the stomach can damage the lining and eventually cause an ulcer, what alternative is there to prevent stomach pain?

Natural alternatives that maintain the protective lining without suppressing the stomach acid include a compound made with zinc and L-carnosine. Drawing on the healing properties of zinc and the bonding properties of L-carnosine, this compound is a natural therapy for gastrointestinal distress.

Zinc carnosine promotes mucous membrane defences and tissue repair on stomach ulcerations. It has also been shown to inhibit the effect of *Helicobacter pylori*, which is often associated with stomach ulcers. Zinc carnosine has been shown to be so effective in numerous clinical trials that in Japan it is prescribed as a drug treatment for ulcers.

The exact reason for the body's reaction to the combined effect of zinc and L-carnosine is not totally understood. It is believed that the compound dissolves in the stomach and adheres to the ulceration or weakened lining more effectively than other zinc complexes. The antioxidant, membrane-stabilizing, and wound-healing properties of zinc then begin to promote mucous secretions and support the mucous barrier. Meanwhile, L-carnosine works as a temporary lining until it is fully healed.

Once the body has repaired the damaged lining, several lifestyle tips will help maintain digestive health:

- Minimize use of nonsteroidal anti-inflammatory drugs such as aspirin, which are thought to alter the quality and quantity of the mucous lining
- Maintain a moderate weight because excess weight causes stomach pressure that can lead to acid reflux
- Limit coffee and alcohol consumption, which weakens the esophageal sphincter that can lead to gastro-esophageal reflux
- Quit smoking because when you put the cigarette in your mouth your body thinks it will be eating and stimulates gastric acid production.

Zinc carnosine can be purchased at better health and nutrition retailers across Canada.

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