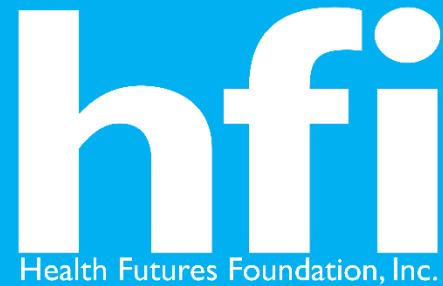


POSSIBLE GASTRITIS

Supportive Management

- Eat small, frequent meals instead of three large ones. This helps minimize symptoms of indigestion.
- Eat food that kill *H. pylori* bacteria such as broccoli and garlic.
- Take foods that are effective in healing the stomach and easing symptoms of gastritis (e.g. nausea, gastric pain and burning, bloating) such as ginger, apple cider vinegar, oregano, turmeric, cranberry juice, pineapple, carrot juice, and green tea. Also helpful in stomach healing are foods that are rich in Vitamin A such as carrots, dark leafy vegetables, peach, apricot, bell pepper, fish, and liver.
- Take food with probiotics (Lactobacillus and Bifidobacterium species) such as Yakult, yogurt, and aged cheese.
- Avoid drinking milk. It causes excessive production of acid, which increases gastric pain.
- Avoid gastric irritants such as alcohol, caffeine, regular and decaffeinated coffee, tea, cola beverages, black pepper, chili powder, chocolate, citrus fruits and juices, tomato products, peppermint, and fatty and fried food.
- Avoid using pain relievers which are nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen, and naproxen.
- Stop smoking.
- Manage stress levels.
 - Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.
 - Take breaks from stressful situations (e.g. go for a short walk).
 - Stay away from situations that induce stress (e.g. avoid driving along congested roads, set the time advanced by 5-10 minutes to avoid stressing over being late).
 - Schedule time for hobbies and other enjoyable recreational activities. Every day, do one pleasurable activity, even just for 15 minutes. The perception of a pleasurable activity may vary from one person to another – it's something personal. Pleasurable activities may involve simple activities such as writing a journal entry, reading a favorite book, watching a favorite movie or series, listening or singing to favorite songs, walking in nature, playing favorite sports, or taking up a new hobby (e.g. sewing, knitting, cooking).
 - Learn to say no. Acknowledge own limits.
 - Spend time with loved ones.
 - Let go of grudges. Learn to forgive.
 - Express gratitude.
 - Perform relaxation exercises (e.g. deep breathing, music therapy, meditation).



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POSSIBLE GASTRITIS

Supportive Management

Deep Breathing

- Find a quiet and comfortable place where you can be alone with yourself.
- Sit upright in bed or chair, and find a comfortable position.
- Place one or both hands over the abdomen, just below the ribs.
- Deeply breathe in through the nose, while keeping mouth closed. Breathe in for a count of four.
- Feel the abdomen rise with each inhalation, and as far as possible.
- Through a pursed-lip, breathe out. Breathe out for a count of seven.
- Feel the abdomen sink with each exhalation.
- Perform deep-breathing exercises for 5-10 minutes at a time, and as many times each day.

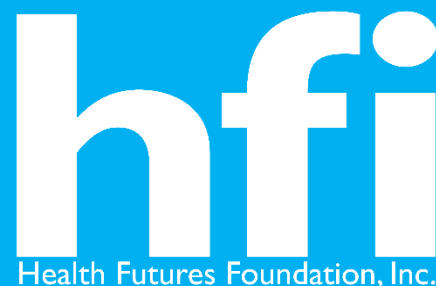
Music Therapy

- Choose a soothing, therapeutic song. Research findings indicate that music with slower tempo (60 beats per minute) induces a calming, relaxing effect. Sounds of nature (drops of rain, flowing waterfalls) are also relaxing. But the best relaxation music ultimately depends on each person's preference – whichever music one finds relaxing (albeit upbeat or moderately loud) – may be used for music therapy.
- Relax before and during the music therapy by performing deep breathing exercises (see instructions above).
- Listen actively to the music. Feel the music. Focus your mind on the music, get lost in it – listen to every beat and every silence in between. Let the music's mood influence yours.

Meditation

Meditation is a calming activity which restores inner peace. It brings the body into a deep state of relaxation and produces a peaceful mind. It enables one to redirect the mind away from thoughts that bring stress, anxiety, or tension.

- Walking meditation – Please visit the following link for a video guide on walking meditation: https://www.youtube.com/watch?v=7t70V__bnds
- Qi Gong – Please visit the following link for a video guide on Qi Gong: <https://www.youtube.com/watch?v=Ac08kMK-dyl>
- Yoga – Please visit the following link for a video guide on Yoga: <https://www.youtube.com/watch?v=v7AYKMP6rOE>
- Guided Imagery – Please visit the following link for a video guide on Guided Imagery For stress relief: https://www.youtube.com/watch?v=gU_ABFUAVAs



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POSSIBLE GASTRITIS

Herbal Medicine

Banana Fruit

- Preparations:
 - None – eat three ripe bananas a day
 - Mix the banana fruit with milk or sugar to make an emulsion.
 - Cut the bananas into thin slices. Sun-dry or heat them in the oven. Grind the dried bananas into fine powder. Mix two tablespoons of the banana powder with a tablespoon of honey. Take this mixture 3 times a day for a week.

Salabat

- Boil three middle-finger-sized luya in 3 glasses of water. Boil in low heat for 15-minutes. Strain and serve. May add calamansi and honey for flavor.

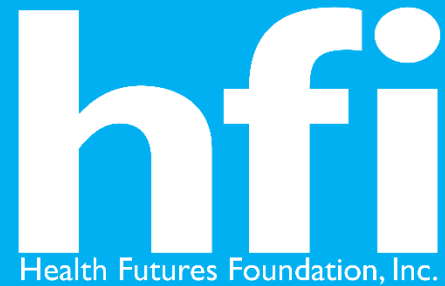
Peppermint

- Reduces of inflammation of stomach lining, relieves nausea and indigestion
- May add to salads, soup, and drinks. May also chew fresh peppermint leaves.

Consult doctor immediately if you are experiencing:

- If you are experiencing any of the following signs or symptoms:
 - Abdominal pain so severe you can't sit still or find a comfortable position
 - Blood in vomit (may appear like coffee grounds)
 - Bloody or black stools
 - Unintentional weight loss

Consult doctor for appropriate diagnosis and management of condition.



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