

## Suffering From Chronic Stomach Acid Problems?

In a search to promote a long and healthy life, a lot of Americans forget about their stomachs, which results in things ranging from simple heartburn to ulcers and even cancer. The effects of alcohol, smoking, and stress added to the rate of infection create the perfect conditions for stomach distress and disease. A combination of four nutrients: zinc, carnosine, licorice extract, and cranberry, work together to protect stomach function from the environment. These nutrients not only relieve distress, but they also support the body's natural defense mechanisms against inflammation and the changes that can lead to cancer. A fifth nutrient, picrorhiza, protects the mucosa and can now be included as part of a natural gastric health remedy.

The human stomach, with its extreme acidity, provides a primary defense against infection and also helps in the first stages of digestion. A thick coating of protective mucus is steadily secreted by the surface mucous cells in the stomachs lining to continually protect its self from Hydrochloric acid. Almost everyone has experienced some kind of "upset stomach", which we associate with overindulgence foods and stress. Although these are only thought of as mild annoyances, each episode causes a bit more lasting damage, which eventually results in cellular injury, which in turn causes inflammation. This inflammation then produces free radicals, which go on to create more tissue destruction and eventually damage DNA, thus potentially leading to cancers of the stomach worst case.

Many natural substances have been used around the world for thousands of years to promote stomach health. Modern science is finding that some of these "folk remedies" actually have potent effects on boosting immunity, reducing inflammation, and simply improving physical protection of the stomach lining. Zinc, a micronutrient that has multiple functions in human biology, mainly functions as a defender against free radical damage. It has been found that the more severe the inflammation in people is directly related to lower levels of zinc in individuals.

Zinc also helps to stabilize the membranes of cells that release burst of inflammatory cytokines when they are stimulated by injury or allergy. This mineral is also a well known immune modulator, which can reduce the recurrence rate of certain inflammation-sensitive cancers. There's no doubt that zinc is a potent anti-inflammatory, and gastroprotective nutrient, but when it is added to amino acid carnosine, these effects can be boosted even further.

Certain fruits, cranberries particularly, are rich in anthocyanins, which have extreme antioxidant abilities. Other compounds that are found in cranberries also prevent bacteria from settling in the urinary tract. A review by nutritional experts found that regular intake of cranberry juice and other dietary products may be an alternative solution for those people who are at risk for H. pylori colonization. It also seems as though cranberries and there extracts can be placed alongside zinc-carnosine as an important component of an effective stomach health regimen.

Licorice extracts have also been shown to help fight stomach infection. Various studies have found that these extracts have potent anti-inflammatory activities, as they reduce cytokine production and increase the protection of the protective stomach mucus. These characteristics, when placed alongside those of zinc-carnosine and cranberry extracts, provide hope that a basis for an alternative therapeutic agent fighting H. pylori can form.

Picrorhiza, which is already used to speed healing in other infections such as hepatitis A, demonstrates unique wound-healing properties, stimulating tissue growth, nerve cell recovery, and blood vessel formation. Even though the multi-armed approach to gastric protection and improved stomach health seems to be complete with zinc-carnosine, cranberry, and licorice extract, picrorhiza extract brings together the infection-fighting, anti-inflammatory, antioxidant, and tissue-healing capabilities of multiple compounds, which all have complementary actions.

If you're looking for a alternative approach to boost stomach health, the vitamins and herbs listed above are a great starting point. Please do not discontinued prescription medication from your doctor, some cases of stomach issues must be consulted with your doctor before discontinuing use.

## About the Author

More information on [stomach acid vitamins](#) is available at VitaNet &reg;, LLC Health Food Store. <http://vitanetonline.com/>

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