

Five-Step Herbal Regimen for an Ulcerated Stomach

4 ounces (113 g) dried licorice root
 4 ounces (113 g) dried comfrey root
 Ninety 300 mg bismuth capsules
 1 ounce (30 ml) grapefruit seed extract
 2 ounces (59 ml) eucalyptus tincture
 2 ounces (59 ml) goldenseal tincture
 2 ounces (59 ml) acacia tincture
 1 quart (1 l) wildflower honey

1. Powder licorice and comfrey root as fine as possible, and mix together in equal parts. Take 2 tablespoons (30 ml) twice a day (morning and evening), mixed in any liquid of choice (e.g., apple juice), for 30 days. For the next 60 days, use 1 tablespoon (15 ml) licorice (or marshmallow) root mornings only. The herbs should not be in capsules in order to allow them to fully coat the stomach lining. (For duodenal ulcers, take in capsules.)
2. Take 300 mg bismuth 3 times a day for 30 days (or Pepto-bismol in similar quantities). This has been found to facilitate ulcer healing time.
3. Take 6 drops grapefruit seed extract 3 times a day for 15 days. Place it in a small glass of orange or grapefruit juice — it is too bitter for anything else.
4. Mix 2 ounces (59 ml) each of eucalyptus, goldenseal, and acacia tinctures. Take 1 teaspoon (5 ml) of the tincture 3 times a day for 15 days.
5. Take 1 tablespoon (15 ml) honey 6 times a day for 30 days.

