

STOMACH ULCERS

S. PHILIP CLEMENTS

When Mr. A. first came to see me in February, 1949, he had been suffering from an ulcerated stomach for some two or three years, and had only managed to keep going by occasional careful dieting and the use of lavish quantities of the celebrated "white mixture."

He told me that the ulcer trouble had started shortly before he had been treated in hospital for some tropical disease contracted while serving overseas. He had previously had jaundice following the orthodox treatment for malaria, and all during his army service he had not found army food to his liking and had consequently eaten, when and how he could, of fried dishes and the like. He confessed that he still ate masses of potatoes, both fried and boiled, whenever possible, and that he only really enjoyed such foods.

He was mainly concerned with the fact that there was a history of cancer in the family and wondered if the ulceration might develop into something more serious.

He was normally quite an active chap, but was now beginning to lose weight and to feel too tired to undertake his normal energetic games.

While he was in hospital he had complained of his stomach, and X-ray photographs which he had managed to keep showed plainly that he had an active ulceration near the outlet of the stomach. He complained of the usual symptoms that accompany such a condition; a burning pain some two hours or so after eating, occasional vomiting and headaches on waking.

I had to spend quite a time convincing him that if he wished to rid himself of this trouble he would have to cooperate and follow my instructions regarding his diet, and ultimately he agreed to eat only steamed and boiled vegetables and milk foods until his stomach improved, when

he could add fruits cooked without sugar to his diet, and then raw fruits and vegetables as he progressed still further. He was instructed to eat his meals dry, and not to drink with meals at all.

As he had been subjected to all sorts of orthodox drugs, I gave him *Nux vomica* 30 to antidote their action, and *Carcinosinum* 200 weekly. He was to take *Nat. phos.* 6x before meals in order to reduce the acidity of the stomach.

When I next saw him in March he was very pleased to tell me that the headaches had disappeared and that the burning pain was not so frequent during the night as it had been, although it still troubled him some two hours after eating. Immediately he ate anything the pain went. This, coupled with his remark that "I can't remember anything these days; I go out of the office for some papers and have to come back to see what I went for", led me to select *Anacardium* as the remedy he needed, since it has absent-mindedness as one of its leading symptoms. Of its value in stomach conditions there is no doubt. He was given two powders of the 30th potency to take four hours apart, and the *Nat. phos.* was repeated daily as before.

The next two months saw him making good strides and needing only an occasional dose of *Lycopodium* and *Pulsatilla* for flatulence and nausea.

At this stage the stomach was almost back to normal, but unfortunately Mr. A. went away for a camping holiday and lived on fried foods for two or three weeks and generally abused his stomach, with the result that on his return he was even worse than when I had first seen him, as he was in constant pain and vomiting blood.

A few doses of *Ipecacuanha* soon relieved the nausea and vomiting, and he was instructed to return to his original diet for a week or two. He was given *Carbo veg.* 12x to relieve the flatulence and heartburn, and with the use of *Nat. phos.* night and morning he soon made progress.

In August he was again given *Anacardium* and I didn't see him again until the following February when he called to see me and asked if I would resume his treatment. He said he had been attending a practitioner who lived near him who used homœopathic remedies, and had hoped that his progress would have continued, but unfortunately he felt that he was slowly going back and, despite the long journey, he had decided to come to see me.

Anacardium was still the indicated remedy and this, together with an occasional dose of *Carcinosinum* and *Nat. phos.*, continued to clear up his trouble.

He visited me again the following month and reported that he was much improved, and in March, 1950, he said he had no discomfort whatsoever and would cease treatment meanwhile.

In the course of his more energetic pastimes he suffered a severe blow on the nose that left a bone splinter obstructing the nasal passage, and when I next saw him in April, 1951, he said that he was making arrangements to have an operation for its removal and that while in hospital he would ask to have his stomach X-rayed.

The operation was quite successful and in due course the X-ray was taken of his stomach. You can imagine his delight when the stomach specialist of a very well-known London Hospital told him that he must have been mistaken. Not only was there no sign of ulceration, but there was no scar or any indication of ulceration in the past. As the patient remarked, "If I hadn't kept the plates of the first X-ray I would have believed him."

—*Heal Thyself*, February, 1952.