



# Helicobacter pylori



pylori, or Helicobacter pylori, is a type of bacteria that can infect the stomach lining and cause various gastrointestinal issues. It is a common bacterium that can be found in the stomach of about half of the world's population. H. pylori infection is usually acquired during childhood and can persist for many years if left untreated.

This bacterium is known to play a significant role in the development of **peptic ulcers, gastritis, and even stomach cancer**. It is important to note that not everyone infected with H. pylori will develop symptoms, but for those who do, symptoms may include abdominal pain, bloating, nausea, and in severe cases, internal bleeding.

Diagnosing an H. pylori infection typically involves a breath test, blood test, stool test, or an endoscopy. Treatment usually involves a combination of antibiotics and acid-reducing medications to eradicate the bacteria and help heal the stomach lining.

FLIGHT

XR-9506

DELAYED



# Helicobacter pylori



# SCARY

# story

FLIGHT

XR-9506

DELAYED



# Helicobacter pylori



THEY KNOW HOW TO

**REDUCE STOMACH ACID  
LEVELS**



FLIGHT

XR-9506

DELAYED



# Helicobacter pylori



**THEY KNOW HOW TO**

**LOW ACID LEVELS MEAN**

**Key deficiencies and implications related to H. pylori infections**



*Fats and Fat-Soluble Vitamins (A, D, E, K)*

**General Amino Acids/Protein Deficiency**

**Intrinsic Factor:**

**FLIGHT**

**XR-9506**

**DELAYED**

Deficiency	Cause	Implications
Vitamin B12	<ul style="list-style-type: none"> <li>- Reduced stomach acid (hypochlorhydria) due to chronic gastritis, impairing absorption.</li> <li>- Damage to the stomach lining, where B12 is absorbed.</li> </ul>	<ul style="list-style-type: none"> <li>- Fatigue and weakness</li> <li>- Anemia (megaloblastic)</li> <li>- Neurological symptoms (e.g., numbness, tingling)</li> </ul>
Iron	<ul style="list-style-type: none"> <li>- Reduced stomach acid affects iron absorption.</li> <li>- Blood loss from ulcers or gastritis.</li> </ul>	<ul style="list-style-type: none"> <li>- Iron deficiency anemia</li> <li>- Fatigue and weakness</li> <li>- Dizziness and pale skin</li> </ul>
Folate (Vitamin B9)	<ul style="list-style-type: none"> <li>- Malabsorption due to stomach lining inflammation.</li> </ul>	<ul style="list-style-type: none"> <li>- Megaloblastic anemia</li> <li>- Fatigue and weakness</li> <li>- Mouth sores</li> </ul>
Vitamin C	<ul style="list-style-type: none"> <li>- Reduced stomach acid reduces bioavailability.</li> <li>- Altered gut flora affects absorption.</li> </ul>	<ul style="list-style-type: none"> <li>- Decreased immune function</li> <li>- Slow wound healing</li> <li>- Fatigue and gum bleeding</li> </ul>
Vitamin A	<ul style="list-style-type: none"> <li>- Inflammation and altered gut flora impair absorption.</li> </ul>	<ul style="list-style-type: none"> <li>- Impaired vision</li> <li>- Skin issues</li> <li>- Decreased immunity</li> </ul>
Amino Acids	<ul style="list-style-type: none"> <li>- Reduced stomach acid affects protein digestion.</li> <li>- Malabsorption from damaged stomach lining.</li> </ul>	<ul style="list-style-type: none"> <li>- Muscle weakness</li> <li>- Poor wound healing</li> <li>- Decreased immune function</li> </ul>
Magnesium	<ul style="list-style-type: none"> <li>- Reduced stomach acid affects magnesium absorption.</li> <li>- Altered gut flora due to chronic infection.</li> </ul>	<ul style="list-style-type: none"> <li>- Muscle cramps and spasms</li> <li>- Weakness and fatigue</li> <li>- Arrhythmias</li> </ul>
Calcium	<ul style="list-style-type: none"> <li>- Reduced stomach acid impairs calcium absorption.</li> <li>- Chronic gastritis can lead to malabsorption.</li> </ul>	<ul style="list-style-type: none"> <li>- Osteoporosis or osteopenia</li> <li>- Muscle cramps</li> <li>- Numbness and tingling</li> </ul>
Zinc	<ul style="list-style-type: none"> <li>- Reduced stomach acid affects zinc absorption.</li> <li>- Chronic inflammation in the stomach may also contribute to malabsorption.</li> </ul>	<ul style="list-style-type: none"> <li>- Impaired wound healing</li> <li>- Hair loss</li> <li>- Immune system deficiency</li> <li>- Loss of taste and smell</li> </ul>
Vitamin D	<ul style="list-style-type: none"> <li>- Altered gut flora due to H. pylori infection can interfere with vitamin D absorption.</li> </ul>	<ul style="list-style-type: none"> <li>- Bone weakness</li> <li>- Muscle pain</li> <li>- Increased risk of infections</li> </ul>
Fat-Soluble Vitamins (A, D, E, K)	<ul style="list-style-type: none"> <li>- Reduced stomach acid and disrupted digestion can affect fat absorption, impacting the uptake of fat-soluble vitamins.</li> </ul>	<ul style="list-style-type: none"> <li>- Dry skin (A, E)</li> <li>- Night blindness (A)</li> <li>- Bleeding issues (K)</li> <li>- Muscle weakness and bone pain (D, K)</li> </ul>

# DEFICIENCIES

# ALERT!

Deficiency	Cause	Implications
Intrinsic Factor	- Damage to the stomach lining can reduce intrinsic factor production, necessary for Vitamin B12 absorption.	- B12 deficiency - Anemia and neurological symptoms
General Protein Deficiency	- Reduced stomach acid impairs protein digestion, leading to overall protein deficiency.	- Muscle wasting - General weakness - Poor immune response - Slow recovery from illness or injury
Selenium	- Reduced stomach acid and altered gut flora interfere with selenium absorption.	- Impaired immune function - Thyroid dysfunction - Cardiomyopathy (heart muscle weakness)

**DEFICIENCIES**

**ALERT!**

Play  
time

for these guys.

Join my lives and stream to learn more about the story.

#imi chitterman