

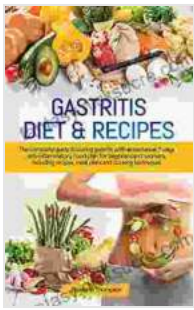
# The Complete Guide To Curing Gastritis With An Exclusive 7 Days Anti-Inflammatory Diet

Gastritis is a condition that causes inflammation of the stomach lining. It can be acute (short-term) or chronic (long-term). Acute gastritis is usually caused by an infection, such as bacteria or viruses, or by taking certain medications, such as aspirin or ibuprofen. Chronic gastritis is often caused by an autoimmune disorder, such as celiac disease or Crohn's disease, or by long-term use of alcohol or tobacco.

The symptoms of gastritis can vary depending on the severity of the inflammation. Common symptoms include:

- Abdominal pain
- Nausea
- Vomiting
- Bloating
- Gas
- Heartburn
- Indigestion
- Loss of appetite
- Weight loss

There are many different causes of gastritis, including:



**Gastritis Diet & Recipes: The complete guide to curing gastritis with an exclusive 7-days anti-inflammatory food plan for beginners and workers. Including recipes, meal plans and cooking techniques** by Elizabeth Thompson

★★★★☆ 4.3 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
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Lending : Enabled



- Infection: Bacteria, such as *Helicobacter pylori*, and viruses, such as the flu virus, can cause gastritis.
- Medications: Certain medications, such as aspirin, ibuprofen, and naproxen, can irritate the stomach lining and cause gastritis.
- Alcohol: Excessive alcohol consumption can damage the stomach lining and cause gastritis.
- Tobacco: Smoking can damage the stomach lining and increase the risk of gastritis.
- Stress: Stress can trigger gastritis by increasing stomach acid production.
- Autoimmune disorders: Autoimmune disorders, such as celiac disease and Crohn's disease, can cause inflammation of the stomach lining and gastritis.

Your doctor will diagnose gastritis based on your symptoms and a physical examination. Your doctor may also order one or more of the following tests:

- Blood test
- Stool test
- Breath test
- Endoscopy

There is no cure for gastritis, but there are a number of treatments that can help to relieve symptoms and prevent complications. Treatment for gastritis may include:

- Medications: Your doctor may prescribe medications to reduce stomach acid production, such as proton pump inhibitors (PPIs) or H2 blockers.
- Diet: Eating a healthy diet that is low in acidic foods and spices can help to reduce symptoms of gastritis.
- Lifestyle changes: Avoiding alcohol and smoking can help to reduce the risk of gastritis. Managing stress can also help to reduce symptoms.

The following is an exclusive 7 days anti-inflammatory diet that can help to relieve symptoms of gastritis:

## **Day 1**

- Breakfast: Oatmeal with berries and nuts

- Lunch: Salad with grilled chicken, quinoa, and vegetables
- Dinner: Salmon with roasted vegetables

## **Day 2**

- Breakfast: Yogurt with fruit and granola
- Lunch: Lentil soup
- Dinner: Chicken stir-fry with brown rice

## **Day 3**

- Breakfast: Eggs with whole-wheat toast
- Lunch: Tuna salad sandwich on whole-wheat bread
- Dinner: Baked potato with chili

## **Day 4**

- Breakfast: Smoothie made with fruits, vegetables, and yogurt
- Lunch: Leftover baked potato with chili
- Dinner: Grilled salmon with quinoa and vegetables

## **Day 5**

- Breakfast: Oatmeal with peanut butter and banana
- Lunch: Salad with grilled chicken, quinoa, and vegetables
- Dinner: Chicken stir-fry with brown rice

## Day 6

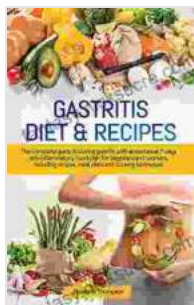
- Breakfast: Yogurt with fruit and granola
- Lunch: Leftover chicken stir-fry with brown rice
- Dinner: Baked potato with chili

## Day 7

- Breakfast: Eggs with whole-wheat toast
- Lunch: Tuna salad sandwich on whole-wheat bread
- Dinner: Grilled salmon with quinoa and vegetables

This diet is rich in anti-inflammatory foods, such as fruits, vegetables, whole grains, and fish. It is also low in acidic foods and spices, which can irritate the stomach lining.

Gastritis is a common condition that can cause inflammation and irritation of the stomach lining. While there is no cure for gastritis, there are a number of treatments that can help to relieve symptoms and prevent complications. An exclusive 7 days anti-inflammatory



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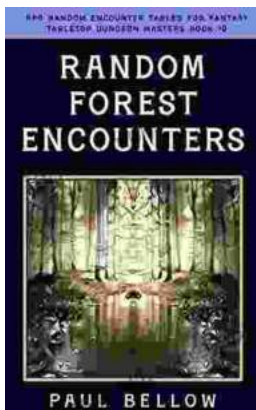
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