



## Oh dear, merry Christmas – gastritis at Christmas

The year is drawing to a close, anticipation and excitement are mounting. Goose, roast meat, fatty and hearty dishes are a must. Crowned with sweets – and plenty of them. And, of course, everything cooked to perfection!

As Wilhelm Busch so aptly put it: 'Nothing is harder to bear than a string of good days...'

And so the whole thing often culminates in stomach pressure, heartburn and gastritis. 'Diet-related lifestyle diseases' (1) do not come out of nowhere. Digestion is often neglected long before the good days arrive – not always with an excess of stomach acid, but often with too little, as production already declines from the age of 40 onwards.

If food is not chewed sufficiently, if a lot of liquid is consumed with meals and even air is swallowed, the stomach acid present is often not sufficient to break down the chyme. Proteins are not pre-digested and are delivered incompletely to the duodenum, resulting in fermentation and putrefaction. The liver, gallbladder and pancreas then have to work extra hard to compensate for these errors. If raw food is served with a late meal, it will not be digested that day; fermentation and the formation of methyl alcohol will occur, which then puts strain on the liver. In the long term, this paves the way for non-alcoholic fatty liver disease. Bitter drops and the SANUM therapies OKUBASAN®, PINIKEHL® and HEXACYL® are suitable for stimulating digestive juices and detoxification. The detoxification agent HEXACYL® contains berberis, which supports the liver and kidneys, lycopodium, the classic remedy for 'letting go', both as mother tinctures, and finally sulphur D4. Sulphur is known to be an effective remedy for 'firing up' the processing and elimination of waste products.

If the fermentation substances produce too much gas and this then pushes upwards through the diaphragm, Roemheld syndrome can occur – functional heart problems without a cardiovascular diagnosis (3). People who regularly suffer from heartburn often have reduced blood flow to the stomach sphincter, which can of course also be triggered by a high diaphragm position caused by spinal problems. In differential diagnosis, fermentation in the stomach is also often associated with irritable bowel syndrome.

Once the digestive chain is thrown off track, pH values and enzymatic function are no longer correct. Ultimately, there is a lack of bicarbonates, which are supposed to complete digestion, temporarily neutralise stomach acid and alkalise the small intestine. ALKALA® 'N' can be administered to promote this process. Added to all this is the lack of exercise in our everyday lives.

We are now dealing with a wide range of symptoms that certainly did not originate on Christmas Eve.



Hildegard von Bingen also wrote extensively about digestive juices and kitchen toxins. Herbs such as galangal (*Alpicina officinarum* Hance), wormwood (*Artemisia absintum* L), fennel (*Foeniculum vulgare*) – (4) ‘the antacid of Hildegard medicine’ – were used to treat gastrointestinal disorders as early as the 12th century.

We have written down a recipe for cookies for you to bake at home, which can also make a small but sweet contribution to relieving feelings of fullness and gastrointestinal complaints (4): galangal cookies.

Enjoy the festive season with heart and wellbeing – and give your stomach a little attention too.

## Gentle festive sweetness: stomach-friendly galangal biscuits

### Ingredients (makes approx. 50-60 biscuits):

300 g spelt flour (type 630)  
100 g melted butter  
90 g fine cane sugar  
2 eggs  
1 pinch salt  
2 tsp Hildegard von Bingen galangal powder

**Preparation time:** approx. 2 hours (including cooling time)

**Preparation:** Mix the flour, sugar, eggs, salt and galangal powder in a bowl. Knead the ingredients briefly and add the melted butter. Knead the dough vigorously until it forms a homogeneous mass. Shape the dough into a 3-4 cm thick roll and wrap it in cling film. Leave the roll to rest in the refrigerator for about 2 hours. Preheat the oven to 160 °C (fan oven) or 170 °C (top/bottom heat). Cut the roll into 3-5 mm thick slices and place the biscuits on a baking tray lined with baking paper. Bake the biscuits for approx. 12-15 minutes until they are lightly golden brown. Leave to cool completely on a wire rack.

## Trading forms

### ALKALA® “N” Powder

150 g Can

#### Dosage:

Adults: Dissolve 1x 3 grams (one level measuring spoon) daily in ½ glass of warm water and drink in sips, spread throughout the day if necessary.

### HEXACYL® Drops

30 ml Bottle



**Dosage:**

Adults and adolescents aged 12 and over:

- Acute: every half hour to hour, maximum 12 times daily, 5–10 drops daily.
- Chronic: 1–3 times daily, 5 drops daily.

**OKOUBASAN® D2 Tablets**

80 pieces (also available in other dosage forms)

**Dosage:**

Adults and adolescents aged 12 years and older:

For acute symptoms, take 1 tablet every half hour to hour, up to a maximum of 6 times daily, with sufficient liquid.

**PINIKEHL® D5 Drops**

10 ml dropper bottle (also available in other dosage forms)

**Dosage:**

Adults and adolescents aged 12 years and older: 5 drops 1-2 times daily.

For further product information, please refer to the respective instructions for use or packaging.