

Bromelain as a test to confirm the presence of peptic/duodenal ulcers:

An effective test to confirm the presence of peptic and duodenal ulcers (but works only for rational people --- no neurotic whiners) is to have the patient swallow bromelain tablets on an empty stomach. If upper GI symptoms are due to an ulcer they will be provoked by the bromelain. The patient is given an envelope containing 10 or 20 bromelain tablets.

Instructions: Take one tablet on an empty stomach (First thing in the morning is an ideal time.). If ulcer symptoms occur, then stop and report to us. If no reaction, then the next time the stomach is empty (at least 5 hours after eating, or better yet, the next morning) take 2 tablets. Repeat, if necessary with 3 tablets, then with 4. Within a few days you will have confirmed presence of an ulcer or not. (No enteric coated tablets. No neurotics who will imagine symptoms.)

The mechanism behind bromelain as a diagnostic aid for upper GI ulcers is simple --- bromelain is a proteolytic enzyme. When there is an ulcer the mucosal tissue is exposed and unprotected --- essentially, it is raw meat. The bromelain will literally begin to "digest" the lesioned tissues on a small scale. (For your information, most meat tenderizers are either bromelain or papain --- and the way they work is by digesting the meat protein.)

You must understand that you will actually be exacerbating the ulcer in a very minor way --- that is why you start with one tablet, looking for a mild but definitive response. Go no higher than four tablets.