



Matula Protocol for H-Pylori

Dr. Keesha
HEALING FROM THE INSIDE OUT

Matula Protocol for H-Pylori



- Pour 150 - 200ml (4 - 7 fluid oz) of boiling water in a cup with a bag of Matula Tea , try and steep it for 15 – 20 minutes – too try and get the strongest mixture from the tea bag . With each sip , swirl the tea around your mouth a bit before swallowing . A large percentage of H. Pylori may be found in the mouth and dental spaces.
- Do not use a microwave oven to boil the water for the tea or to reheat the tea .
- Do not take any liquids , supplements or food for an hour either side of taking the tea .
- Do not take any antibiotics or vaccines while on the course of tea as this affects the efficacy of the tea .
- Start taking a probiotic at the beginning of week two of your course of tea .
- Do not take Mastic gum while on the course of tea .
- Use a new toothbrush .
- Please be careful to wash vegetables and fruit thoroughly before eating
- You can if you wish take two used tea bags and make a third cup (which would be slightly weaker) and take it in the middle of the day.