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## bland diet bland recipes for an ulcer sufferer

Posted by John Snell - 2008/11/17 08:48

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A friend was just discharged from the hospital after being treated for a bleeding ulcer. He's in his 80s and they were able to avoid surgery by cauterizing the ulcers in his stomach. He'd like to avoid the problem again at all costs. His wife is trying to prepare food that won't upset his stomach, but is running short of ideas for bland food. She's also wondering if bland really has to be boring. She needs recipes that aren't milk based, because milk is so difficult to digest. She asked if I could search the Internet. I wasn't able to find sites on the Web that were especially helpful, so I thought I'd ask one of the newsgroups. If you have ideas, could you please post them here? Thanks in advance for all your help.

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Posted by Puester - 2008/11/17 08:48

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A friend was just discharged from the hospital after being treated for a bleeding ulcer. He's in his 80s and they were able to avoid surgery by cauterizing the ulcers in his stomach. He'd like to avoid the problem again at all costs. His wife is trying to prepare food that won't upset his stomach, but is running short of ideas for bland food. She's also wondering if bland really has to be boring. She needs recipes that aren't milk based, because milk is so difficult to digest. She asked if I could search the Internet. I wasn't able to find sites on the Web that were especially helpful, so I thought I'd ask one of the newsgroups. If you have ideas, could you please post them here? Thanks in advance for all your help. If he's in his 80's he probably has Medicare. Ask if they will refer his wife to a registered dietitian for a good bland diet. Milk isn't necessarily to be avoided because it's hard to digest but rather because it will cause his stomach to produce lots of acid. That's the kind of thing you have to be careful about and many people don't realize that bland doesn't just mean not spicy in cases like his. gloria p

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Posted by K3 - 2008/11/17 08:48

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so difficult to digest. She asked if I could search the Internet. I wasn't able to find sites on the Web that were especially helpful, so I thought I'd ask one of the newsgroups. If you have ideas, could you please post them here? Thanks in advance for all your help. Your message reminds me so much of when I was first dx'd with arthritis... the military doctors prescribed 24 aspirin a day to control the inflammation... it burned a hole in my stomach. I couldn't eat. I couldn't drink. I Lost 50+ lbs in less than 2 months. Finally I got a chance to meet a few doctors at the VA hospital and one of them prescribed Carafate & Zantac and switched from aspirin to a few other NSAIDS. Immediate relief!!! Things were back to normal within a few months and I haven't had any GI problems since! As far as a diet, during these few months it was recommended that I not consume any red meat and/or alcoholic beverages. Hope this helps!

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Posted by Gabby - 2008/11/17 08:48

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thought I'd ask one of the newsgroups. If you have ideas, could you please post them here? Thanks in advance for all your help. If he's in his 80's he probably has Medicare. Ask if they will refer his wife to a registered dietitian for a good bland diet. Milk isn't necessarily to be avoided because it's hard to digest but rather because it will cause his stomach to produce lots of acid. That's the kind of thing you have to be careful about and many people don't realize that bland doesn't just mean not spicy in cases like his. How times have changed. I remember when the treatment for ulcers was cream or half & half every two hours. (Because of that I as always most thankful that I never had an ulcer.) Gabby

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Posted by Cuchulain Libby - 2008/11/17 08:48

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Have your friend go to a real doctor and get some anti-biotics. Cure the 'ulcer' and he can eat whatever the fuck he wants. SIMPLE.

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Posted by Jeff Dodd - 2008/11/17 08:48

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A friend was just discharged from the hospital after being treated for a bleeding ulcer. He's in his 80s and they were able to avoid surgery by cauterizing the ulcers in his stomach. He'd like to avoid the problem again at all costs. His wife is trying to prepare food that won't upset his stomach, but is running short of ideas for bland food. She's also wondering if bland really has to be boring. She needs recipes that aren't milk based, because milk is so difficult to digest. She asked if I could search the Internet. I wasn't able to find sites on the Web that were especially helpful, so I thought I'd ask one of the newsgroups. If you have ideas, could you please post them here? Thanks in advance for all your help. Your friend should find a competent physician. Stomach ulcers are the result of a viral infection, and are treated quickly and effectively with the proper antibiotics/antivirals. Surgery for ulcers usually indicates an uninformed physician, or one who is pushing a surgery practice. The surgery may eliminate the current ulcer(s), but does nothing to prevent recurrence. If your friend receives the proper treatment, he will be cured in a matter of days, and will require no special diet due to stomach ulcers. Given his age, he may or may not have other digestive considerations, but that is a separate matter.

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Posted by John Snell - 2008/11/17 08:48

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## bland diet bland recipes for an ulcer sufferer

Posted by Goomba - 2008/11/17 08:48

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Have your friend go to a real doctor and get some anti-biotics. Cure the 'ulcer' and he can eat whatever the fuck he wants. SIMPLE. Of course that's assuming the ulcer was caused by H. pylori, and not NSAIDs, ASA, other drugs, drinking, stress ulcers and the like. I'd suggest a good H2 inhibitor no matter what the cause is... then dealing with the cause. Goomba

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Posted by Goomba - 2008/11/17 08:48

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Your friend should find a competent physician. Stomach ulcers are the result of a viral infection, and are treated quickly and effectively with the proper antibiotics/antivirals. I think you're a tad confused. \*Some\* ulcers have been found to have a coexisting problem of H.pylori \*bacteria\* (not viral) presence. Others are caused by certain drugs (NSAIDS, ASA and others) and some can be stress induced (we give hospitalized patients H2 blockers to help avoid stress ulcers..often even without prior ulcer history) Goomba

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## bland diet bland recipes for an ulcer sufferer

Posted by Gina \* - 2008/11/17 08:48

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Re: bland recipes for an ulcer sufferer Group: rec.food.cooking Date: Sat, Mar 23, 2002, 5:30am (EST+5) From: jefd...@best.com (Jeff Dodd) ..snip. Stomach ulcers are the result of a viral infection, and are treated quickly and effectively with the proper antibiotics/antivirals. Surgery for ulcers usually indicates an uninformed physician, or one who is pushing a surgery practice. The surgery may eliminate the current ulcer(s), but does nothing to prevent recurrence. If your friend receives the proper treatment, he will be cured in a matter of days, and will require no special diet due to stomach ulcers. Given his age, he may or may not have other digestive considerations, but that is a separate matter.

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Posted by Mcc6050 - 2008/11/17 08:48

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Surgery for ulcers usually indicates an uninformed physician, or one who is pushing a surgery practice. My goodness, for someone who patently doesn't know much about ulcers, you certainly aren't shy about offering a second surgical opinion, are you? There could be several reasons for the surgery, including extensive damage. How much do you want to bet that the surgeon and the referring physician know a whole lot more about the patient and his condition than you? Mac

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Posted by Jill McQuown - 2008/11/17 08:48

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so difficult to digest. She asked if I could search the Internet. I wasn't able to find sites on the Web that were especially helpful, so I thought I'd ask one of the newsgroups. If you have ideas, could you please post them here? Thanks in advance for all your help. Not so terribly bland... rice, cooked in chicken or beef stock seasoned with herbs and with added diced veggies. Steamed or baked/roasted vegetables. Meat loaf might work ;-) Chicken breast halves browned in a bit of olive oil, then add a little chicken or vegetable stock and a dash of white wine (if he can take it) with whatever herbs (parsley, dried marjoram, tarragon, basil, crushed thyme). Cover and simmer about 10 minutes, remove the cover and to simmer to thicken the sauce (which can be thickened with a roux of cornstarch + water). For breakfast... Egg Beaters (or the equivalent) make fine scrambled eggs with no added milk. Serve with toasted bread. Oatmeal also comes to mind... my grandpa couldn't go a day without his parritch! <G Good luck to your friend! Jill

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Posted by Cuchulain Libby - 2008/11/17 08:48

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is so much scar tissue and damage in his gut that he's beyond this particular form of treatment. He had peritonitis in his mid 40s and he has bleeding ulcers in areas that normally do not have them. So what he needs at this point is a diet that he can tolerate. Hopefully someone has some ideas in terms of a menu, rather than a mode of treatment. See, there are no 'general' questions, are there? Sorry to seem flippant. Sounds like a dietician's services are needed. One may post that which you seek now that the details are known. Pasta, rice? Are eggs ok? I mean it would seem the exclusion list would be shorter.

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Posted by Arri London - 2008/11/17 08:48

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Posted by John Snell - 2008/11/17 08:48

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separate matter.

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## bland diet bland recipes for an ulcer sufferer

Posted by LIMEYNO1 - 2008/11/17 08:48

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Not all ulcers are cureable by anti-biotics.

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Posted by Kajikit - 2008/11/17 08:48

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A friend was just discharged from the hospital after being treated for a bleeding ulcer. He's in his 80s and they were able to avoid surgery by cauterizing the ulcers in his stomach. He'd like to avoid the problem again at all costs. His wife is trying to prepare food that won't upset his stomach, but is running short of ideas for bland food. She's also wondering if bland really has to be boring. She needs recipes that aren't milk based, because milk is so difficult to digest. She asked if I could search the Internet. I wasn't able to find sites on the Web that were especially helpful, so I thought I'd ask one of the newsgroups. If you have ideas, could you please post them here? Thanks in advance for all your help. The dietsite has food suggestions and menus for all sorts of diets, including a peptic ulcer diet and a diet recommended for after gastric surgery. Maybe the recommended food list will give you more ideas for dishes to prepare/look for. <http://www.dietsite.com/Diets/GastrointestinalDisorders/gastrofs.htm>

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Posted by Mcc6050 - 2008/11/17 08:48

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My husband had ulcers caused by this bacteria, he was cured by the course of antibiotics. I'm glad he found relief. My father, now dead, suffered with an ulcer for years before having a surgical resection in the mid-1950's....before it was known about the bacterial cause of ulcers. Mac

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Posted by Goomba - 2008/11/17 08:48

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I'm glad he found relief. My father, now dead, suffered with an ulcer for years before having a surgical resection in the mid-1950's....before it was known about the bacterial cause of ulcers. again let me emphasize that \*not all\* ulcers are caused by bacteria.

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## bland diet bland recipes for an ulcer sufferer

Posted by John Snell - 2008/11/17 08:48

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I'm going to start over from scratch, this time without giving people the seeds of a tangent to launch out on. There are more than 20 responses to my original post. Two of them addressed the request for help for a friend. So let me try again, but with a different tact. Does anyone have suggestions for recipes that would comply with the needs of a bland diet? I'm just crazy about the stuff. I'm perfectly healthy: No ailments. No unwelcome bacteria. No history of stomach upset or medical treatment anywhere for anything. I'm just nuts about bland food. But I'd like some variety so bland doesn't become boring. Being rec.food.cooking, I thought this might be a good place to gather suggestions. Please post recipes, URLs to web sites. Thanks in advance and apologies to the folks who've been helpful already. You're gems. Honest.

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## bland diet bland recipes for an ulcer sufferer

Posted by Craig - 2008/11/17 08:48

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John Snell <nos...@nospam.com wrote in message | I'm going to start over from scratch, this time without giving people the | seeds of a tangent to launch out on. There are more than 20 responses to my | original post. Two of them addressed the request for help for a friend. | So let me try again, but with a different tact. How about this then, Bland Indian food (believe it or not) Bland Dal - Chawal Ingredients 2 tbsp Toor Dal (washed and soaked) 1 tsp Coriander Leaves (finely chopped) 1/4 tsp Cumin Seeds 2 pinches Asafoetida 1 stalk Curry Leaves (finely chopped) 2-3 pinches Turmeric Powder Salt - to taste 1 serving hot steamed rice 1/2 tsp Ghee Method Pressure cook washed dal in 2 cups water. (Approx. 4 whistles) Beat dal with hand beater till smooth and frothy. Heat ghee, add seeds, asafoetida and curry leaves. Add turmeric and dal. Add remaining ingredients. Boil and simmer for 3-4 minutes. Serve hot with steamed hot rice. Making time: 10 minutes (excl. pressuring cooking) Makes: 1 cup / 1 serving Best in: ailments like fever, ulcers and acidity. Very wholesome and filling. From

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Posted by The Hackett Family - 2008/11/17 08:48

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But if you drink enough Scotch and milk you might not notice the pain...

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## bland diet bland recipes for an ulcer sufferer

Posted by Kajikit - 2008/11/17 08:48

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