

# Matula Tea Protocol

for H-Pylori

Dr. Keesha  
HEALING FROM THE INSIDE OUT



1



Pour 150 - 200ml ( 4 - 7 fluid oz ) of boiling water in a cup with a bag of Matula Tea,

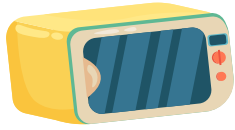


try and steep it for 15 - 20 minutes - too try and get the strongest mixture from the tea bag



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.





2

Do not use a microwave oven to boil the water for the tea or to reheat the tea .



3

Do not take any liquids, supplements or food for an hour either side of taking the tea .



4

Do not take any antibiotics or vaccines while on the course of tea as this affects the efficacy of the tea .



5

Start taking a probiotic at the beginning of week two of your course of tea .



6

Do not take Mastic gum while on the course of tea .



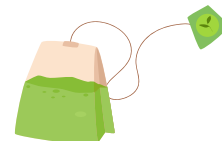
7

Use a new toothbrush .



8

Please be careful to wash vegetables and fruit thoroughly before eating



9

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.