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## Cabbage Juice For Ulcers Cabbage Juicing With Blender & Juicer

Dr Garrett Cheney conducted a double blind control trial at the San Quentin prison in the US on patients who had a diagnosed ulcer crater. Results indicated cabbage juice as an effective treatment. Symptoms were relieved quickly – between 7 and 10 days. This treatment should be combined with a bland, cooked diet and plenty of rest.

### ‘Origins of "Vitamin U"’

Garnett Cheney, M.D. demonstrated in the 1950s that fresh, raw cabbage juice could significantly increase the rate of healing in patients with gastrointestinal ulceration, and his work was published in peer reviewed journals. <sup>[6]</sup> <sup>[6]</sup> <sup>[7]</sup> <sup>[8]</sup>

In 1952, he had 100 peptic ulcer patients drink 4 glasses of fresh, raw cabbage juice daily. This was in place of surgery or drug therapy, with otherwise no alterations in diet. Self-reports from patients indicated dramatically reduced pain, while x-rays demonstrated significantly reduced healing time. 81% of the patients were symptom-free within one week, and over two thirds were better within four days.<sup>[9]</sup> Note that the average healing time for peptic ulcer patients given standard hospital treatment in 1952 was over a month.

Dr. Cheney went on further to treat gastric and duodenal ulcers with raw cabbage juice, with similar results.<sup>[10]</sup>

Dr. Cheney found that he could not bring on the same results when the cabbage juice was not fresh, and that heated cabbage juice was completely ineffective.<sup>[11]</sup> <sup>[12]</sup> Hence, it was understood that an unknown, heat-sensitive substance was responsible for the results.

Dr. Cheney dubbed the unidentified substance(s) responsible for the rapid healing, "Vitamin U", although this is not recognised as a vitamin, rather merely a name.’ (Ref:1)

**Recipe from :** <https://healthytasteoflife.com/best-cabbage-juice-for-ulcers-recipe-benefits/>

The best cabbage juice recipe for ulcers, gastritis, ulcerative colitis and other gut issues featuring green cabbage, celery, carrot and apple. Juicing cabbage 2 different ways: in a blender (without a juicer) or a juicer. Each ingredient in this recipe for cabbage juice has powerful health benefits making it a great source of anti-oxidants and vitamins with the ability to restore the gut lining.



# Zest for Life

How Much To Drink:

1. **How much cabbage juice a day you need for healing ulcers?** Generally you will need to drink 1 cup (8 ounces) of cabbage juice 3 or 4 times a day.
2. **When to drink cabbage juice.** 30 minutes before or 2 hours after a meal

Prep Time 10 mins

Juicing Time 5 mins

Total Time 15 mins

## INGREDIENTS

- 1/2 head of medium cabbage - green or red cabbage (use the core as well).
- 2-3 large celery stalks
- 2 medium carrots
- 1 medium apple - optional to improve taste
- 3-4 stems of fresh mint - optional to improve taste

Optional: exchange celery for 1 cucumber. Add a small knob of ginger

## INSTRUCTIONS

### How To Make Cabbage Juice With a Blender

- Prepare your ingredients (wash and peel if necessary, cut into smaller chunks, about 1 inch);
- Mix: place in a blender and add a touch of water (you don't need much, pour gradually just enough to help blending) and blend on high for 30 seconds to 1 minute.

**Tip:** for easier blending add only half of ingredients with water, and once those are transformed into a liquid paste, you can add the rest and blend again until everything is homogeneous.

- Strain through a mesh bag / nut milk bag and squeeze as much juice with your hands in a clean container. Don't use a regular metal strainer you're going to waste a lot of cabbage juice. Discard the pulp.
- Drink the juice immediately, or within 30 minutes.



## Juicing Cabbage With A Juicer

- **Prepare the cabbage and the rest of ingredients:** wash well (cabbage, carrots, celery, apple), leave the carrots unpeeled if you're using organic – the skin contains concentrated **vitamin C and niacin**. You can peel them if you're using conventional carrots – the concentration of pesticides is higher in the peel.
- **Chop everything** to a size that fits your juicer and begin juicing according to the user's manual.
- **Enjoy the freshly juiced cabbage blend** within 30 minutes. If you can't drink it right away, store in a glass airtight bottle in the fridge up to 24 hours.

## What You Need

Juicer or blender

## Notes

### Questions & Tips For Cabbage Juice Making

3. **Best Juicer For Cabbage** – a cold press slow masticating juicer as it produces a higher quality juice in terms of flavor and nutrition and roughly 30% higher yield than centrifugal juicers plus less foaming and oxidation. If you are in UK, I recommend this 'Powerful Masticating Juicer' by Fridja.

[https://www.amazon.co.uk/Powerful-Masticating-Vegetables-Stainless-Fridja/dp/B07BL2B2NS/ref=sr\\_1\\_2?crid=2Y6B6TGFZAMH9&keywords=Who+le+fruit+juice+fridja&qid=1697985925&srefix=whole+fruit+juice+fridja%2Caps%2C182&sr=8-2](https://www.amazon.co.uk/Powerful-Masticating-Vegetables-Stainless-Fridja/dp/B07BL2B2NS/ref=sr_1_2?crid=2Y6B6TGFZAMH9&keywords=Who+le+fruit+juice+fridja&qid=1697985925&srefix=whole+fruit+juice+fridja%2Caps%2C182&sr=8-2)

4. **How much cabbage do you need to juice to get 8 ounces / 1 cup of fresh cabbage juice?** You will need a little less than a 1/2 head of cabbage (medium size), about 20-25 ounces.
5. Best time to drink cabbage juice: **What is the best time to drink cabbage juice?** Drink the cabbage juice first thing in the **morning** (that's when the body is detoxifying and needs nutrients) on an **empty stomach** (this speeds the absorption) and you can have more portions throughout the day if necessary.



# Zest for Life

6. **How much cabbage juice a day you need for healing ulcers?** Generally you will need to drink 1 cup (8 ounces) of cabbage juice 3 or 4 times a day.
7. **How long does it take cabbage juice to heal an ulcer?** According to researcher Garnett Cheney, in his study, those who drank cabbage juice saw their ulcers heal in an average of 9 days.
8. **Cabbage juice storage:** Drink it within 15-30 minutes for maximum benefit (especially if it was made in a blender). If the cabbage juice was made with a juicer and stored in an airtight jar (right away) in the fridge, then it should still be good in the next 24 hours.

## Cabbage Juicing: Red or Green Cabbage?

- Cabbage in general has a superb nutrient profile and is especially high in **vitamins C and K**. But unlike green and white cabbage varieties, red cabbage contains anthocyanins, the same red flavonoid pigments (antioxidants) present in red and purple berries.
- Plus **purple cabbage has 10 times more vitamin A** and double the iron than green cabbage. On the other hand, green cabbage has the advantage when it comes to vitamin K, but they're both great sources.
- As for the juice taste, when **juicing red cabbage** you might get a more strong pungent taste and even slightly peppery.

## References

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