



# Cure of Gastrointestinal Discomfort at Home

**\*Corresponding Author(s): Michael Vladislavovich**

**Tyurin**

CEO, President, Managing Director of Microbial Biocatalyst International, Inc., and Inorgcarbiesel, Inc., USA.

Email: drmtyurin3123602@gmail.com

## Abstract

Gastrointestinal disorders are a very common problem sometimes in a variety of people. We herein offer our methodology to cure such disorders in any condition, including home environment, by the two simple and reproducible methods, which anyone could reproduce and use.

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## Introduction

The Author works at his two businesses manufacturing gasoline and diesel fuel, both manufactured from the air CO<sub>2</sub>, not from petroleum. Personal observation the Author has made led to the health recommendations the Author gave to some of his employees to make their work conditions as comfortable as possible.

One of such workers, 58yo, suffered from chronic gastritis, which already led to the gastric ulcer. His condition was caused by the natural low gastric acid production he has suffered from his childhood. He visited rest room often, and even once expressed himself to the Author, that he had diarrheas.

The other worker was younger, in his late twenties, and he suffered from low acid production by his stomach since his childhood. He was often late from his lunch break and explained his absence by the need to visit only specific Mediterranean food serving paces which always were overcrowded in this specific city of the US.

The Author himself suffers with the inherited low gastric acid production and he has developed simple methods to compensate his gastrointestinal disorder making his life less comfortable compared to healthy people. So, the methods the Author has developed for cure of his gastrointestinal disorder are very simple and can be reproduced by anyone even under home conditions.

The first method the Author describes herein is the food he started to consume daily. Anyone can obtain ground beef from any grocery store and from the Walmart. The ground beef is used to make hamburgers, which are not fried in oil on a skillet, but rather are boiled in the boiling water for 30 min to provide great microbial content and prevent spoiling of said hamburgers during storage in refrigerator after their "cooking". Boiling of said hamburgers removes, the possibility to accumulate cancerogenic substance resulted from frying in the oil on the skillet. Therefore, the Author's suggestion if accepted by the general public should reduce the frequency of gastric cancers dramatically. The anticipated economic effect is tremendous. St60ach cancer costs are given below:



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For patients with health insurance, out-of-pocket costs for stomach cancer treatment typically consist of doctor visit, lab and prescription drug copays as well as coinsurance of 10%-50% for surgery and other procedures, which can easily reach the yearly out-of-pocket maximum. Stomach cancer treatment typically is covered by health insurance, although some plans may not cover certain drugs or treatments.

For patients without health insurance, stomach cancer treatment typically costs up to \$50,000 or more for surgery and tens of thousands for chemotherapy and radiation. Costs can reach \$200,000 or more, depending on the case.

According to a study [6] published in the Journal of Gastrointestinal Cancer Research, it costs about \$20,100 to add chemoradiotherapy, a combination of chemotherapy and radiation, after surgery for localized gastric cancer. According to the American Society of Clinical Oncology, the total mean monthly cost of care [7] for a newly diagnosed gastric cancer patient, for the first year, including hospitalization, doctor visits, lab fees, radiology and drugs, was more than \$10,600 per month. This could total almost \$130,000 for a year.

The American Cancer Society's estimates for stomach cancer (also known as gastric cancer) in the United States for 2022 are: About 26,380 new cases of stomach cancer (15,900 in men and 10,480 in women), about 11,090 deaths from this type of cancer (6,690 men and 4,400 women). Stomach cancer accounts for about 1.5% of all new cancers diagnosed in the US each year [8].

Abdominal pain was the most common gastrointestinal symptom that prompted a clinic visit (15.9 million visits). Gastroesophageal reflux was the most common GI diagnosis (8.9 million visits). Hospitalizations and mortality from *Clostridium difficile* infection have doubled in the last 10 years. Acute pancreatitis was the most common reason for hospitalization (274,119 discharges). Colorectal cancer accounted for more than half of all GI cancers and was the leading cause of GI-related mortality (52,394 deaths). There were 6.9 million upper, 11.5 million lower, and 228,000 biliary endoscopies performed in 2009. The total cost for outpatient gastrointestinal endoscopy examinations was \$32.4 billion [9].

Low gastric acid production was cured in the Author by the intake of vinegar before enjoying large amounts of meat containing foods during celebrations of national holidays outside of the Author's house. When the Author has to go somewhere and consume substantial amounts of meat-containing food the Author drinks half of glass (approximately 110 ml) of vinegar and after that he could consume said meat containing foods in the unlimited amounts (reasonable, of course).

## Materials and methods

### The volunteers

The Author has started this original article by describing his two co-workers, who had named herein gastrointestinal problems. The coworker suffering with chronic gastritis complicated by the gastric ulcer has suffered his disease since he was in early twenties yo, that means for over thirty years. Said co-worker approached the Author and asked to help him based on the published already the Author's experience in helping his co-workers to cure certain health problems [1-4]. The Author has advised said co-worker that he will help him, but said co-worker will be the volunteer #1. Said volunteer #1 has signed all the essential paperwork and after that has received the help of the

Author. The Author's co-worker suffering inherited low stomach acid production had experienced health problems very similar to those of the Author as described herein. Said co-worker also approached the Author and based on the published in the peer-reviewed journals materials [1-4] has asked the Author to help him and if possible to cure him from his health problem. The Author has agreed and asked said co-worker to sign the essential papers making him the volunteer #2.

### Methods of cure

The Author has purchased 4 lbs of ground beef from the grocery store. Then he opened the plastic bags on said ground beef and mixed the ground beef with the content of the three eggs purchased from the same grocery store. The Author has mixed the eggs content with the ground beef and prepared hamburgers he placed over the used plastic bag before "cooking" for the "cooking" convenience. For the "cooking" the Author had boiling water and immersed said hamburgers into the boiling water. The process of said "cooking" took 30 min of exposure to said boiling water. After that, the "cooked" hamburgers were removed from the boiling water and placed over the metal tray to cool down. The storage of said cooled hamburgers was in refrigerator at 2-4 °C in the plastic containers obtained from the same grocery store.

Both, volunteer #1 and volunteer #2 have consumed each of about 125 ml of freshly purchased from the same grocery store vinegar. Vinegar is the diluted acetic acid with the acid content about 5%. No signs of acidosis were observed in said volunteers. 15 min after the vinegar intake the volunteers were offered 6 said "cooked" hamburgers each. They have eaten them completely and were subjected to the Author's observation for 3 hours to detect any uncomfortable situations said volunteers could have experienced. The volunteers did not leave for the rest room and did not display any signs of gastrointestinal discomfort. Then they left to do their work and on the next day were contacted by the Author to describe to him any of gastrointestinal problems they could possibly have after their work, since the amount of consumed "cooked" hamburgers was significant. Both volunteers did not admit having any gastrointestinal discomfort and health problems of any sort.

### Results and discussion

Based on the statistics, gastrointestinal discomfort is a very common health problem in the US. Abdominal pain was the most common gastrointestinal symptom that prompted a clinic visit (15.9 million visits). Gastroesophageal reflux was the most common GI diagnosis (8.9 million visits). Hospitalizations and mortality from *Clostridium difficile* infection have doubled in the last 10 years. Acute pancreatitis was the most common reason for hospitalization (274,119 discharges). Colorectal cancer accounted for more than half of all GI cancers and was the leading cause of GI-related mortality (52,394 deaths). There were 6.9 million upper, 11.5 million lower, and 228,000 biliary endoscopies performed in 2009. The total cost for outpatient gastrointestinal endoscopy examinations was \$32.4 billion. That is related in part to the low quality of the oils used for hamburgers frying. Low gastric acid production is very common as well. It's estimated that 22 percent of the US population suffers from low stomach acid, also known as hypochlorhydria [10].

The volunteers have been cured by the means the Author has done to both of them. No volunteer has ever experienced any sort of gastro-intestinal discomfort again.

The Author describes herein the simple remedies he has developed for himself to make his life more comfortable. The Author has successfully applied his methods to make more comfortable life of two additional people as described. Said remedies are very simple and everybody can reproduce them at any time they want and even at home. Absence of frying of said hamburgers significantly reduces the frequency of gastrointestinal cancers. Therefore, the economic effect of the Author's methods of cure of the gastrointestinal discomfort is \$142 billion per year in direct and indirect costs [11]. It was shown that men who consumed fried foods even as little as once a week increased their chances of cancer between 30 and 37 percent [12].

### Acknowledgement

#### Ethical approval and consent to participate

This article does not contain any section, requiring Ethical Approval. The only Author is complied with the Consent to Participate.

#### Consent to participate

The Author complied with the consent to publish this article. Consent to Publish. The Author complied with the Consent to publish this original article.

#### Author's contribution

Dr. Michael V. Tyurin has planned all the experimental work, conducted all the experiments, analyzed the experimental data, wrote this original manuscript, edited to as appropriate and submitted for this publication the edited original manuscript.

#### Funding

Was done by the private investors, who declined to provide their names and their business affiliations. The investors noted, the author should decline any source of funding. Life has turned to the Author by its ugly side: He became homeless and now does not have any money after he was gun-robbed in Downtown Houston. Recently the Author went to SHELL, offering them his just published technology of gasoline manufacture from air CO<sub>2</sub> [5] for the commercialization. The Author has offered significant reduction of the manufacturing cost from \$1.70 (gasoline from petroleum) to just \$0.35 per gasoline gallon (the Author's proprietary technology). He faced big NO and shortly after his visit had a very strange road accident: He was attacked by Toyota Tundra truck in his corporate Toyota Camry on US-59 Southbound. Then the truck made the Author move to the grassed area on the Bissonett Exit. Then the Author saw this truck after he made the right turn from the fider road to Club Creek Drive. Then the truck has crossed Club Creek Drive with the Author in his corporate car on Club Creek Drive at above 120 mph (crossing the road!) and hit him brutally in the driver's door. The truck missed the Author by two inches towards the engine car compartment, or the Author would be dead already. The Author's corporate car was totaled. The Police came and gave the ticket to Toyota Truck driver. The Author had neurosurgery after that. After the neurosurgery, the Author decided to stop all his business operations to stay alive. His salary also stopped. Recently the Author was gun robbed in Downtown Houston and lost his corporate computer, \$10,000 of his corporate cash in his wallet, all his documents, and credit cards to the robber. The Author has become homeless after his apartment manager stole his cash and his wallet along with the Author's mobile phone. The Author has found another mobile phone and called the Police. After that he has received the eviction letters from the apart-

ment management and became homeless.

### Conflict of interests

Now the Author claims his personal conflict of interests with the law firm Hirsch and Westheimer, which employee had illegal access to the Author's Emails and his passwords (as she stated in her legal work for the civil law suit the Author has filed) and in 2020 has destroyed the Author's corporate web site <http://syngasbiofuelsenergy> therefore. Maybe she already works also for SHELL, which has assassinated the Author? The Author does have the conflict of interests with the Houston TX FBI and with SHELL. The Author does not plan to sue the Houston FBI for the absence/refusal of his described attempted murder investigation, but the Author plans to do that to the State of TEXAS when he gets on his feet to pay for the US Supreme Court case filing. There are no criminal and civil laws in the State of TEXAS. Civil Judges are bribed in all cases the Author has field in the State of TEXAS. Judge Ward (234<sup>th</sup> Civil Court) has received \$10 million bribe from the Bank of America in 2016 when the Author has filed the civil law suit against Bank of America for stealing of his personal and corporate money from the existing at that time bank accounts. Judge Ward has dismissed the case. Maybe TEXAS is already a part of Mexico? Those topics might be of the interest for the US mass media as well. The mass media correspondents will watch said judges and the lawyers protecting banks 24/7 and will not allow the bribery which if the federal felony with the fines and the Federal Jail times for the accused.

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