

Could it be H.pylori ?

H. pylori is a bacteria that lives in the stomach and can quietly disrupt digestion from the top down. While some people have obvious stomach symptoms, others may only see clues like low iron, nutrient issues, or downstream gut imbalances. Here are some signs that may be worth investigating.

H.pylori Overgrowth Clues

Digestive Clues

- Reflux or burning
- Frequent burping
- Nausea
- Stomach pain or discomfort
- Bloating
- Feeling overly full after eating

Downstream Clues

- Recurring SIBO
- Dysbiosis or bacterial overgrowth
- Increasing food reactions
- Leaky-gut patterns
- Poor protein digestion

H. pylori doesn't always look like a stomach problem. Sometimes the clues show up much farther downstream.

Iron & Nutrient Clues

- Low ferritin or iron that won't budge
- Trouble maintaining iron
- Low B12 or other nutrient deficiencies
- Fatigue or low energy
- Signs of poor nutrient absorption

Beyond the Gut

- Histamine-type symptoms
- Migraines or headaches
- Increasing food sensitivities
- Immune dysregulation
- Unexplained symptoms without obvious digestive complaints

[Read more about H.pylori](#)

[Learn more testing GI Map](#)