

## IN HEALTH NATUROPATHIC MEDICINE

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### **Hydrochloric Acid Challenge for Hypochlorhydria**

More often than you might realize, symptoms of reflux and heartburn can be caused by having *too little* stomach acid. If our bodies are not producing strong enough stomach acid, they compensate by producing extra volume. This can lead to reflux and heartburn symptoms. In these cases, supplementing with Hydrochloric Acid (HCl) before meals can help to bring the stomach pH closer to 2, where it is supposed to be, and the volume of acid produced is less, thus decreasing reflux.

#### **Protocol:**

Begin by taking 1 HCl capsule 30 minutes before a meal.

30 minutes before your next meal, take 2 HCl capsules.

Continue increasing the number of capsules taken before each meal by 1 until you notice a sensation of warmth in your stomach.

At this point, decrease the number of HCl capsules by one and take this number before each meal (eg: if you took 4 capsules and felt the warm sensation in your stomach, from this point forward, take 3 HCl capsules before each meal).