

SUPPLEMENTING WITH HYDROCHLORIC ACID

FOR OPTIMAL DIGESTION

1

Get a liquid hydrochloric acid solution 5% or a pill form of Betaine Hydrochloric Acid (Betaine HCl)

2

Test it Out - Using the protocol below:

- 1) Eat a meal with at least 20-30 grams of protein (about 3-4 ounces of meat).
- 2) Start by taking 1 drop of Betaine HCL during the beginning of the meal or a pill of 500 mg.
- 3) Finish the meal as normal and observe your body for any changes in the stomach or belly button area. Such as: heaviness, hotness, burning, or other GI distress.
Maintain this dosage of 1 pill or drop for 2 more days (3 days total at the same dosage) then if no change in symptoms increase to 2 pills or drops with each meal that has protein.
Maintain that dosage for another day and then increase to 3 pills or drops if no change in digestion.
Keep increasing the number of pills or drops taken with each meal until you notice GI discomfort as described in step #3.

When this happens, you will know your ideal Betaine HCL dosage - which is 1 pill or drop less than the amount that caused you discomfort. Ex: if you felt the discomfort going from 5 pills or drops to 6 pills or drops, then 5 pills or drops is your proper dosage for a normal meal. Directions above modified from:

<http://scdlifestyle.com/2012/03/how-to-supplement-with-betaine-hcl-for-low-stomach-acid/>