

The Complete Stomach Acid Guide for Optimal Digestion

Have you noticed that you feel tired after eating, have heartburn or tend to burp and feel a bit bloated after eating?

Do you struggle with dry skin, acne or excema? Do you have chronic inflammation or an autoimmune disease?

Have you ever been tested for low stomach acid?

The answer is most likely “no,” and that is because stomach acid is one of the MOST UNDERLOOKED and underappreciated areas in our human physiology. In this E-booklet you will learn how low stomach acid may be the major cause of a number of your health problems.

You will also learn how to optimize your stomach acid levels so you can reduce your microbial load, improve your digestion and nutrient absorption and live life with more energy and vitality.

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*This information is based on Peer Reviewed published studies and all references can be found on DrJockers.com

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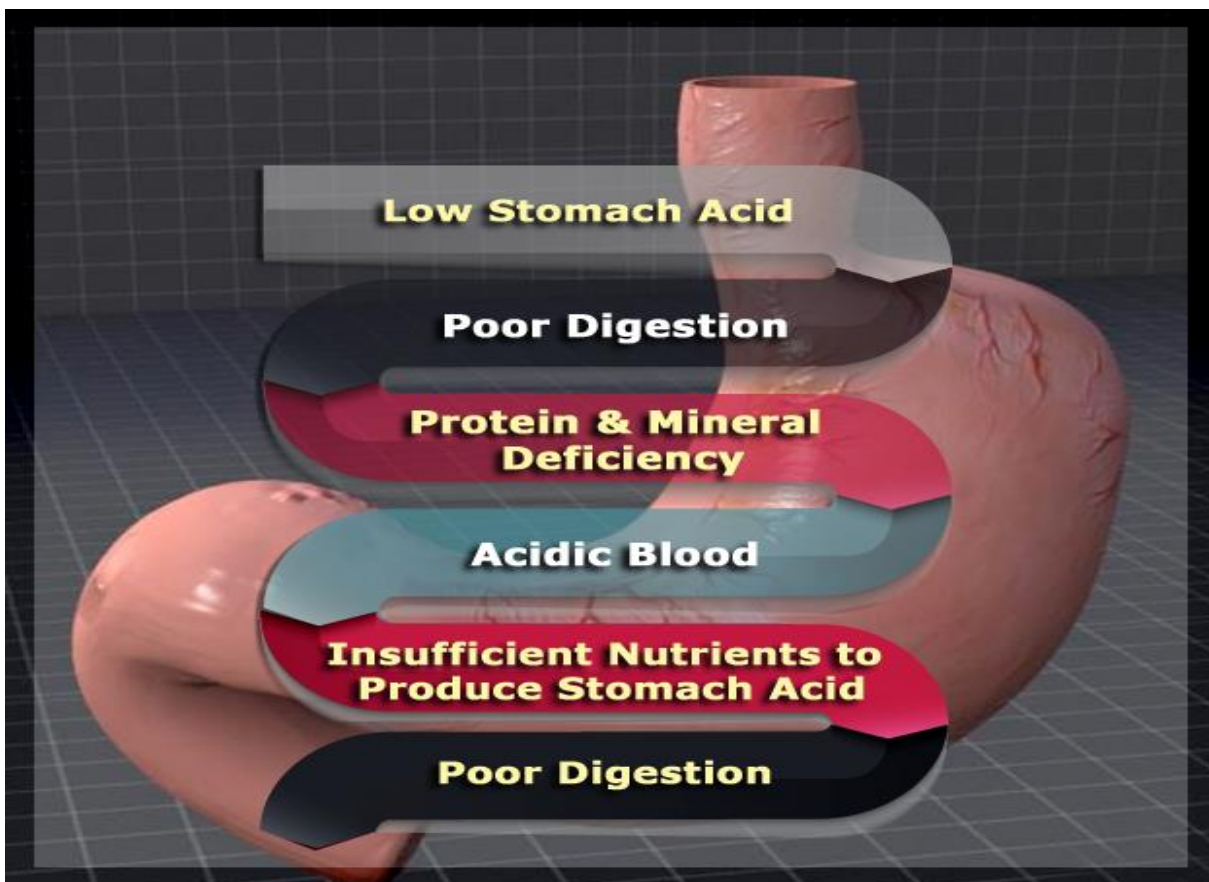
As a clinician who specializes in helping people with chronic digestive complaints and autoimmune diseases, one of the most common underlying problems I see with these individuals is low stomach acid. This syndrome is also called hypochlorhydria in the medical literature and it is immensely important to correct first in order to get someone well.

Unfortunately, the mainstream medical system is almost completely unaware of this issue and actually does things, such as prescribing anti-biotics, NSAIDs and acid blocking medications that only make it worse. Most natural health practitioners are either not addressing this issue or they often think very lightly about it.

Why Is Stomach Acid So Important?

Stomach acid is also called hydrochloric acid (HCL) due to its chemical structure of one hydrogen ion combined to one chlorine ion making HCL. It is responsible for sterilizing any food wishing to make it into your gut and breaking down protein.

Low stomach acid creates a vicious cycle of poor digestion, chronic gut inflammation, microbial overgrowth, leaky gut, elevated stress hormones and lowered nutrient absorption ([1](#)). The only things that will break this loop are to reduce stress in all its forms and support adequate stomach acid production.



The Main Symptoms of Low Stomach Acid:

The symptoms of low stomach acid are too many to count, but here are some of the major ones that I commonly see.

SYMPTOMS OF LOW STOMACH ACID

Heartburn or GERD

Indigestion, Belching or Burping after meals

Bloating and Cramping

Gas within an hour after eating

Constipation or diarrhea

Chronic Intestinal Infections

Lots of Food Sensitivities

Undigested Food in Stools

Acne and/or Eczema

Chronic Fatigue

Dry Skin or Hair

Weak or Cracked Nails

Asthma and Allergies

Protein and Mineral Deficiencies

Anemia & Weakness

Osteoporosis

Hair Loss in Women

Any Autoimmune Disorder



7 Major Functions of Stomach Acid

- 1) Sterilizes the Food:** Whenever we consume food, bacteria and other microorganisms come in with the food (even if it was cooked or pasteurized). The stomach acid helps to neutralize the bad invaders we don't want in our system ([1](#), [2](#)).
- 2) Protein Digestion:** Stomach acid is necessary to begin the process of breaking down protein. Have you ever marinated meat in vinegar? Vinegar is not nearly as acidic as what your stomach acid should be, yet, over time it degrades the meat. This is what your stomach acid should be doing in a much quicker fashion.
- 3) Activating Pepsin:** Pepsin is a proteolytic enzyme that is necessary for our body to effectively metabolize protein. Stomach acid activates pepsin from its inactive form called pepsinogen.
- 4) Activating Intrinsic Factor:** Stomach acid helps to activate intrinsic factor which is a glycoprotein produced in the stomach that is necessary for vitamin B12 absorption.

- 5) **Stimulating the Delivery of Bile and Enzymes:** Stomach acid helps to stimulate the release of bile from the liver and gall bladder and digestive enzymes from the pancreas.
- 6) **Closing the Esophageal Sphincter:** Stomach acid is an important trigger for the contraction of the esophageal sphincter (just above the stomach) to protect the soft, delicate tissue of the esophagus from the harsh acids in the stomach.
- 7) **Opening the Pyloric Sphincter:** Stomach acid helps to activate the pyloric sphincter which allows food to move from the stomach to the small intestine.

7 Major Functions of Stomach Acid

1

Sterilizes the Food

2

Protein Digestion

3

Activating Pepsin

4

Activating Intrinsic Factor

5

Stimulating the Delivery of Bile and Enzymes

6

Closing the Esophageal Sphincter

7

Opening the Pyloric Sphincter



The Problem With Low Stomach Acid:

When the body is unable to produce enough stomach acid, it is unable to digest protein molecules and key minerals (3). These partially digested protein molecules get into the small intestine and create significant stress on the pancreas to produce adequate enzymes to metabolize the protein effectively.

If this occurs repeatedly over time, it will wear down the pancreatic enzyme storage and cause stress and irritation to the intestinal lining. Additionally, if the protein molecules are not efficiently metabolized we are unable to absorb enough amino acids which are necessary for numerous vital functions of the body. This can lead to amino acid deficiencies, poor healing and a breakdown of various important bodily functions. (4)

The large protein molecules and incomplete digestion irritates the gut lining, leading to leaky gut syndrome. This process can trigger the development of auto-immune activity in the body. Poor digestion also creates an environment suited for the development of small intestinal bacterial overgrowth (SIBO), Candida overgrowth and parasitic infections (5, 6).

When we digest our food poorly it leads to increased inflammatory activity which depletes key minerals and anti-oxidants throughout the body (8). This mineral depletion leads to an inability to form stomach acid and the vicious cycle of poor digestion and chronic inflammation continues (7, 8).

12 Signs that You Have Low Stomach Acid:

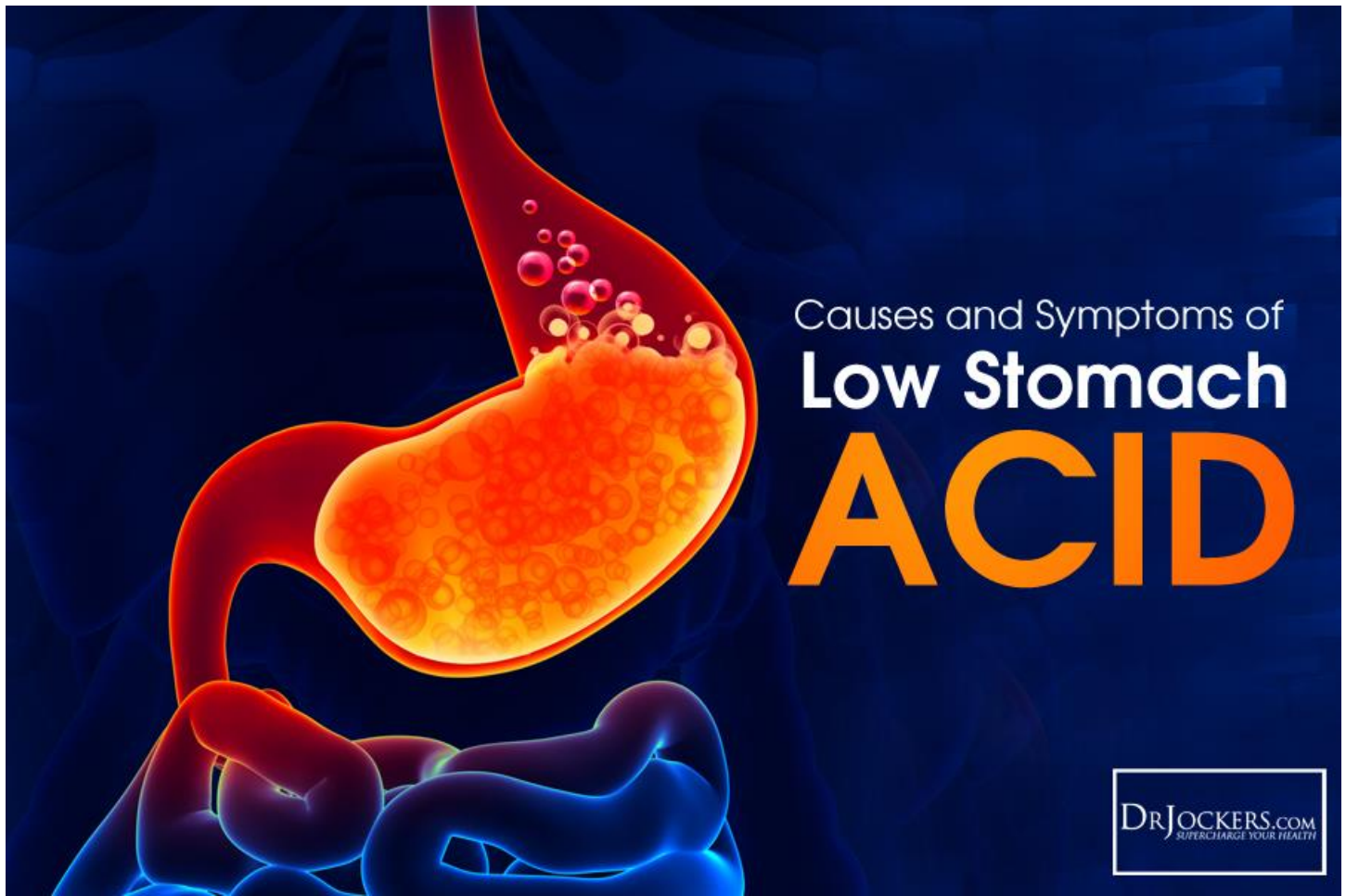
The condition of low HCL causes poor digestive motility and sphincter activity. This allows food contents to sit in the stomach and be metabolized by bacteria that are able to survive due to lack of stomach acid. The result of this bacterial fermentation is gas which can cause bloating, cramping, belching, etc.

Here are the most common signs and symptoms that you have low stomach acid production.

- 1) **Gas and Belching:** With low HCL, this usually comes on shortly after a meal, within 60 minutes.
- 2) **Acid Reflux:** This is most commonly caused by low acid (not too much acid) as explained in this article.
- 3) **Bloating and Cramping:** The gas production from the bacterial fermentation in the stomach produces this. Again, it typically comes on within an hour of eating.

- 4) **Chronic Bad Breath:** This is due to the toxic metabolites produced through bacterial fermentation in the stomach.
- 5) **Bad Body Odor:** Poor stomach acid production leads to an overall microbial overgrowth throughout the body. More microbes produce more stinky toxins.
- 6) **Undigested Food in Stools:** This is obvious, you are not able to completely metabolize the food you are consuming.
- 7) **Aversion to Meat:** Many people with low stomach acid desire to avoid meat and have digestive problems (as described above) when they eat it. Especially red meat which is usually tougher and depends upon more HCL than whiter meats for digestion.
- 8) **Tired After Meals:** If the digestive process has to work twice as hard, it will cost us a lot of energy, leaving us tired.
- 9) **Feeling Full But Still Hungry:** You are full because food isn't leaving your stomach, but you are hungry because you are not absorbing nutrients effectively.
- 10) **Chronic Anemia:** You aren't having excessive bleeding, you are consuming enough iron in your diet (or even in supplements), yet you still have a non-responsive anemia (9).
- 11) **Weak Fingernails:** If your fingernails break, chip or peel easily it is a classic sign of nutrient deficiencies, especially protein, minerals and B12.
- 12) **Frequent Nausea:** Because your stomach gets full quickly, it can often trigger a nausea reflex.

Additionally, you may be more prone to food poisoning because the less stomach acid you are producing, the less able you will be to sterilize the food stuffs in the stomach. Have you ever wondered why 2 people can eat the same dish, one gets sick and the other doesn't. It may have had to do with stomach acid production.



Main Causes of Low Stomach Acid:

There are a number of things that can lead to chronically low stomach acid production. Anything that is causing a chronic stress in our body will hamper stomach acid production. This could be anything from poor diet, bad relationships, bad posture and subluxation in our spine, constant worry and fear and overuse of medications.

- 1) **OverUse of Anti-Biotics:** Anti-biotics transform your microbiome and cause an increase in intestinal related inflammation in the body. This inflammation causes a rise in stress hormones which reduce the bodies ability to produce HCL.
- 2) **H Pylori Infection:** H Pylori is a common part of our microbiome, however, with the overuse of anti-biotics, chronic stress, poor diet, etc. we can cause a shift in the microbiome, a lowering of stomach acid and the overgrowth of H Pylori.

As H Pylori overgrowth occurs, these little guys produce an enzyme called “urease” which breaks down the urea in the stomach into carbon dioxide and ammonia. This causes belching and halitosis (bad breath) for the individual and it neutralizes the

acidifying effects of hydrochloric acid allowing for further growth of H Pylori and more stress on the GI system.

3) **Chronic Stress:** Chronic stress impairs the digestive systems ability to produce HCL and other digestive juices. Our autonomic nervous system is composed of 2 main branches. The sympathetic and parasympathetic branches.

a) **Sympathetic System:** Fight or flight

b) **Parasympathetic System:** Rest, Digest, Repair and Reproduce

Proper digestion depends upon us being in a parasympathetic dominant state. Chronic stress puts us in a sympathetic dominant state which restricts activity in the digestive tract and causes poor digestive function.

4) **Poor Diet:** A diet rich in processed foods, sugars, grains, etc change our microbiome and cause chronic inflammation and elevated stress hormone production. Blood sugar stabilization is very important for normalizing stress hormones. Stay on a lower carbohydrate, higher fat, anti-oxidant rich diet and your stomach acid levels will improve.

5) **Eating Too Quickly or on the Go:** This is one of the BIGGEST PROBLEMS we have in our society. We eat a lot of food quickly and often throughout the day. It is critically important to be sure to never eat when we are in sympathetic (fight or flight) mode and to take time to relax, breathe deeply and increase parasympathetic activity. You should feel relaxed at least 15 minutes before eating and up until 1-2 hours after finishing your meal.

6) **Overuse of NSAIDs:** In our society, we pop Tylenol, aspirin, aleve and ibuprofen like candy. We think that because they are sold over the counter there are no major issues if we take a relatively small dosage each day. Unfortunately, this isn't true as NSAIDs wear down the stomach lining and reduce the ability of the stomach cells to produce HCL.

7) **Using Proton Pump Inhibitors:** These acid blocking medications reduce acid levels in the stomach which does give relief to those with acid reflux. Unfortunately, because acid reflux is typically caused from too little acid, taking these medications further reduces stomach acid, which leads to microbial overgrowth and further stress on the body.

8) **Small Intestinal Bacterial Overgrowth:** It is hard to say what comes first, is it the low stomach acid that allows for an elevated level of bacteria to enter into the digestive system alive and proliferate on undigested food particles (due to low HCL)? Or is that SIBO causes chronic stress in the body, which reduces the body's ability to produce

adequate HCL? Either way, there is a HUGE connection between SIBO and low stomach acid levels.

9) Aging: As we age in our society, all of systems slow down. This is especially so if we are stressing our body more than we can adapt too. If you take care of your body at an early age and keep your digestion at an optimal level throughout life, you should be able to produce enough HCL in your later years. However, if you are over 50 years of age, it is wise to consider supplemental HCL as it may make a huge difference for you.

10) Food Sensitivities: Some of the most common food sensitivities cause major stress in the body, which puts us into chronic fight or flight. Be sure to stay off of the most common offenders such as gluten, corn, soy, peanuts and pasturized dairy. If you notice other foods not agreeing with you, than look to avoid those as well.

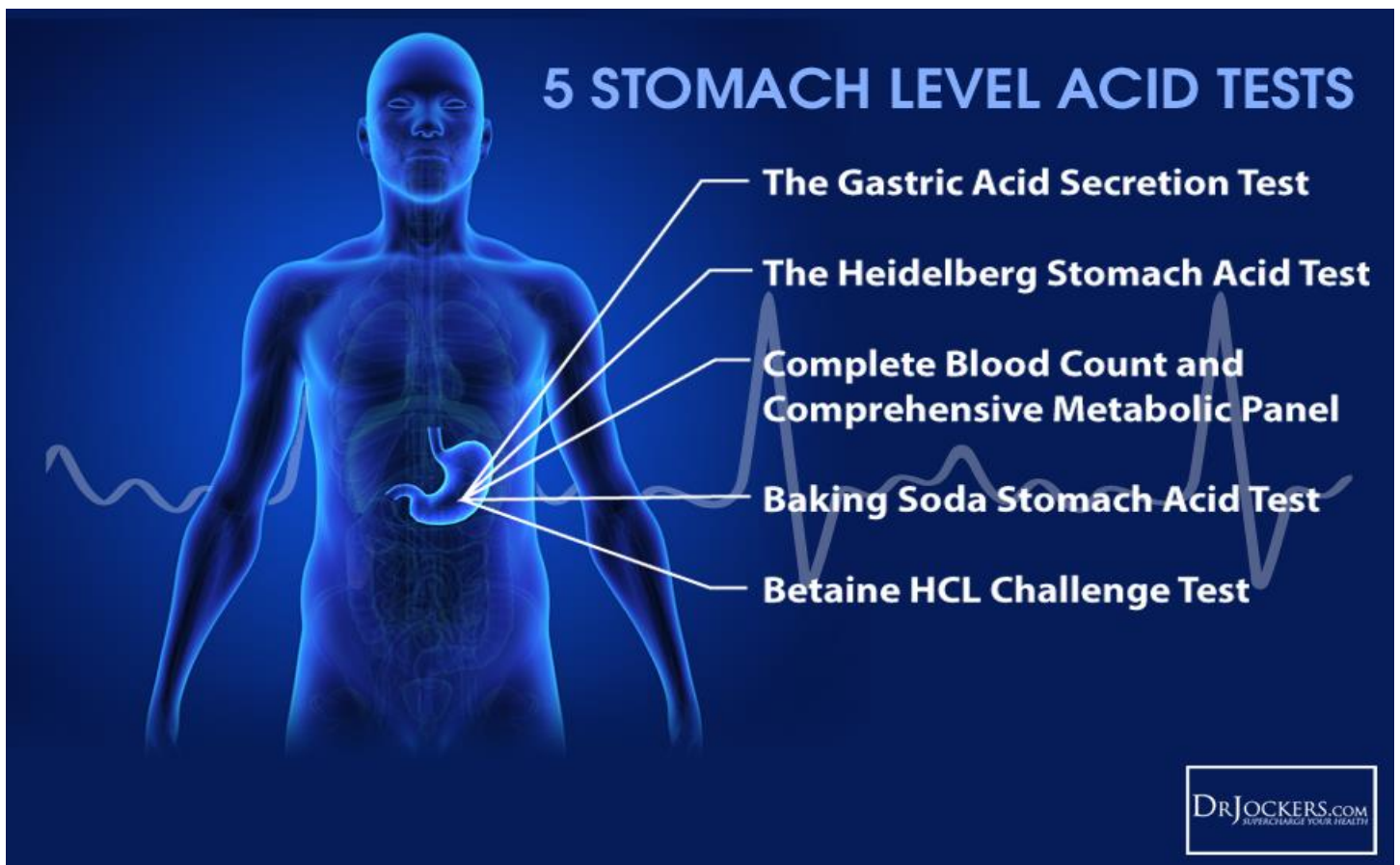
If you have a wide number of food sensitivities than it is a good bet you have low HCL.

As you can see, there are many things that most people in Westernized countries are doing every day that lead to the development of low stomach acid. Addressing low stomach acid should be one of the first places we look in order to improve digestive health, heal leaky gut and reduce overall stress on the body.

- 
- 1. Over use of Anti-biotics**
 - 2. H Pylori Infections**
 - 3. Chronic Stress**
 - 4. Poor Diet**
 - 5. Eating Too Quickly or on the Go**
 - 6. Overuse of NSAIDs**
 - 7. Using Proton Pump Inhibitors**
 - 8. Small Intestinal Bacterial Overgrowth**
 - 9. Aging**
 - 10. Food Sensitivities**



There are many symptoms associated with low stomach acid and a few lab tests and at home tests one could perform in order to see if they have this problem. These 5 tests include:



The Gastric Acid Secretion Test:

This is a highly invasive and expensive test that is typically only used by medical doctors if the individual has a diagnosed stomach ulcer. It is only covered by insurance in cases of stomach ulcers ([1](#))

Doctors find it helpful to see if the anti-ulcer medication that was prescribed is working and to see if there is any material coming into the stomach from the intestines.

This test consists of having tube inserted into your stomach through the esophagus in order to suck out any existing stomach fluid. You will also need an injection of the hormone gastrin into the body in order to stimulate the stomach cells to release acid.

The stomach should normally have 20-100mL of fluid with a pH between 1.5-3.5. A low level of fluid and/or high pH would be indicative of either achlorhydria or hypochlorhydria.

The Heidelberg Stomach Acid Test:

This is considered the gold standard test for hypochlorhydria. This test gives an exact result to the capability of the stomach to produce acid. It typically costs around \$350 and most insurance plans do not pay for it.

This test works by using a small capsule with a specific wireless electronic transmitter that records the pH of the stomach as you drink a solution with small amounts of baking sodium. Baking soda is sodium bicarbonate which has hydroxide (OH⁻) ions that reduce acidity.

The baking soda will naturally neutralize the HCL in the stomach. If the acid does not return to normal after the baking soda is swallowed than that is a positive test for hypochlorhydria ([2](#)).

The typical protocol looks like this:

1. Avoid any acid suppressing drugs for at least 4 days before the test.
2. Fast for 8-12 hours
3. Swallow the small electronic capsule
4. Drink a solution of baking soda
5. The test will record the time it takes to reacidify.

This will determine if you have too much acid production (hyperchlorhydria), too little or none at all, called achlorhydria ([3](#)).

This test will show a graph of your pH levels at regular intervals of time.

The Complete Blood Count and Comprehensive Metabolic Panel:

A skilled clinician can diagnose low stomach acid off of routine complete blood counts (CBC) and comprehensive metabolic panels (CMP) if they know what they are looking for. Patient history should always be a big factor with this but here are the major signs on these tests.

The nice thing about the CBC and CMP is that they are routine tests for medical doctors and are nearly always covered by insurance if you go through your primary care medical provider. Here are the indications that I look for:

Low Chloride Levels: One of the main components of hydrochloric acid is chloride. When we see low chloride levels in the blood under 100 (101-106 is functionally normal) than it is a sign of low HCL.

Abnormal Serum Protein and Serum Globulin Levels: Since HCL is needed for protein digestion, when these levels are abnormal such as a serum protein under 6.9 or over 7.4 g/dL and globulin level under 2.4 or over 2.8 g/dL than it could be a sign of low HCL. Especially if liver enzymes are relatively normal.

Low Phosphorus Levels: If phosphorus levels are low, with a vitamin D deficiency and/or hyperparathyroidism than it may be a sign of low HCL production.

High BUN Levels: A lack of stomach acid may result in a high amount of nitrogenic waste (from poor protein digestion) in the bloodstream. This can be seen as a BUN (blood urea nitrogen) level of 20 or more.

Abnormal MCV//MCH/MCHC: This has to do with the size of the red blood cell (RBC). Methylation with B12 is a critical part of the RBC maturation process in the bone marrow. Inadequate B12 will result in immature RBC's that will be larger and less effective at carrying oxygen to cells.

HCL is also necessary for iron absorption, so if these numbers are below normal along with low Hct, Hbg, etc. it could be an iron deficiency related to low HCL.

Normal MCV should be between 85-92

Normal MCH should be between 27.7-32%

Normal MCHC should be between 32-36%

Additional Testing Not Found on CBC and CMP:

High Homocysteine Levels: Stomach acid is critical for B12 absorption (4). B12 is one of the key components of methylation which keeps homocysteine levels between 4-7 umol/L. If B12 levels are low, than homocysteine will be elevated.

Low B12 Levels: Intrinsic factor is a glycoprotein in the stomach that is necessary for B12 absorption. With inadequate HCL production, intrinsic factor will be unable to work effectively and the individual will develop a B12 deficiency (5).

When a patient history indicates symptoms of low stomach acid and 2 or more of these findings are on lab work than it is a good clinical assumption that the individual needs to focus on strategies to improve HCL production.

The Baking Soda Stomach Acid Test:

This very easy, at home test is basically free other than the cost of ¼ tsp of baking soda. This is a good one to do because it is safe and has no major cost involved.

This test works by creating a unique chemical reaction within your stomach that occurs when you mix the OH⁻ ions of the baking soda with the hydrogen (H⁺) ions within the bodies stomach acid (HCL). The natural results should be a carbon dioxide gas production which will cause a burping effect.

This test does have many variables that can cause false positives or negatives. To minimize these variables and get a greater degree of accuracy, I recommend performing this test on 3 consecutive mornings to find an overall average.

It is also best to do this test first thing in the morning before eating or drinking anything. You are looking for pattern of results, not a simple one-time “yes” or “no.”

There is no published data on this method and the reliability is up for question. The results can vary from person to person depending upon how the individual interprets what they are experiencing. However, I still like it as a baseline measure and it is simple enough that you can retest every month to see if you notice changes.

Here is how you do the test:

1. Mix ¼ tsp of baking soda in 4-6 oz of cold water, first thing in the morning before eating or drinking anything.
2. Drink the baking soda solution
3. Time how long it takes for a burp or belch to come about. Go up to 5 minutes. If you have not burped or belched within 5 minutes than it would be a sign of insufficient stomach acid production.

If you have early and repeated belching than it may be due to too much stomach acid. However, it is important not to confuse these with small little burps from swallowing air when drinking the solution. Any belching after 3 minutes is an indication of low stomach acid production.

THE BAKING SODA TEST

- 1**
Mix ¼ tsp of baking soda in 4-6 oz of cold water, first thing in the morning before eating or drinking anything.

- 2**
Drink the baking soda solution.

- 3**
Time how long it takes for a burp or belch to come about. Go up to 5 minutes. If you have not burped or belched within 5 minutes that it would be a sign of insufficient stomach acid production.


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Betaine HCL Challenge Test:

This is another at-home test that is quite reliable in my opinion, although there is no scientific data that I am aware of to prove this. There are studies that show that supplemental betaine HCL does reacidify the stomach for a period of time ([6](#)).

I typically recommend it for individuals who have the major symptoms of low HCL and have failed the baking soda test. It will only cost about \$20 for a bottle of Betaine HCL, which is most likely a good investment since you will probably need it to help you restore your HCL levels if they are truly low.

To Perform the Test do the Following:

1. Buy some Betaine HCL with pepsin (we use Acid Prozyme)
2. Eat a high protein meal of at least 6 ounces of meat (you can have veggies too)
3. In the middle of the meal (never in the beginning) take 1 Betaine HCL pill
4. Finish the meal and observe what you notice.

Possible Outcomes:

1. **You Don't Notice Anything:** If you don't feel any difference than it is most likely you have low stomach acid levels.
2. **You Notice Indigestion:** If you experience a burning, hotness or heaviness in your chest than these are signs you have adequate stomach acid levels.

It is best to do this test 2-3 times in order to make sure you aren't getting a false positive. There are 3 main reasons for someone getting a possible false positive.

1. **Didn't Consume Enough Protein:** Low protein meals don't need much HCL and therefore the supplement can cause too much of an increase. Be sure it is as close to 6oz of meat as possible.
2. **Took the Capsule Before the Meal:** This will almost always cause indigestion as your body isn't ready for the supplement.
3. **Have Esophageal Sphincter Dysfunction:** For some individuals, they may have a hiatal hernia or poor contractile activity of the esophageal sphincter that can cause an increase in indigestion like symptoms. It is always good to get a medical exam to rule these things out before doing the test if possible.

If you get 3 positive tests in 3 separate meals than begin using the HCL supplement with the protocol I describe in detail below along with the 10 ways to improve your stomach acid levels naturally.



10 Ways to Improve **STOMACH ACID LEVELS**

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10 Ways to Improve Your Stomach Acid:

These are tips to help improve your digestion if you have lower stomach acid levels. By following these strategies, you reduce stress on your digestive system and absorb nutrients more effectively. This will help your body to have the resources it needs to produce adequate stomach acid in the future.

1. **Use Liquid Nutrition Throughout the Day:** You should make at least half of your meals in a liquid form such as a protein shake or green smoothie. Protein shakes are premetabolized and very easy to digest and do not depend upon HCL production. If you have low HCL it is wise to have 1-2 protein shakes each day to enhance amino acid absorption and reduce stress on the GI system.
2. **Use Ginger:** Ginger is one of the best things for improving digestive juices. Ginger is part of a group of herbs called carminatives along with peppermint, anise, cardamom, coriander, etc. I recommend drinking 2-3 cups of ginger tea each day, you can put ginger essential oil in water (2-3 drops in 8oz of water), juice a ½ inch of fresh ginger root in a green juice each day and use ground ginger on your foods. You can also consume fermented ginger which is common in Asian dishes such as kimchi.

3. **Super Hydrate Outside of Meal Times:** I am a HUGE advocate of optimal hydration and it is especially important if you have low stomach acid. Good hydration will help activate bowel motility and push contents through the digestive system which will reduce microbial fermentation and toxicity in the body.
4. **Drink Very Little With Meat Containing Meals:** Anytime you are going to have meat or any sort of heavier food (not a smoothie or a veggie salad), you should cut off drinking water at least 30 minutes before the meal other than perhaps 2oz for taking a supplement. This will reduce any potential dilution of the gastric juices and allow for better digestion.
5. **Hold Off On Water After a Meal:** To allow for optimal digestion, I recommend abstaining from water or liquids until at least 30 minutes after a meal. This allows for proper stomach acid activity, sterilization, protein metabolism, etc.
6. **Use Lemon and Apple Cider Vinegar:** Squeezing fresh lemon or using lemon juice or apple cider vinegar on your meat and veggies helps to pre-metabolize the food. This allows for better digestion and nutrient absorption. You can either marinate foods in a lemon or ACV base or just add them as a dressing right before you consume them.
7. **Eat Protein Foods at the Beginning of the Meal:** The stomach will begin churning out its stomach acid when you begin eating, especially when you are consuming protein. It is very common for people to eat a salad before their protein dish, but this doesn't work well for your HCL production. It is a much better idea to eat your protein with the salad or veggies.
8. **Use Fermented Veggies:** Fermented foods such as sauerkraut, kimchi, pickles, pickled ginger, etc. all contain organic acids, enzymes and probiotics which help to improve digestive juice secretions. I recommend using one of these with all of your heavier meals and especially any meal with protein.
9. **Use Fermented Drinks:** Fermented drinks such as ACV, coconut water kefir and lemon water (not fermented) contain organic acids that have an anti-microbial effect. So these help to reduce the bacterial load, especially the bacteria in the stomach such as H Pylori. Keeping H Pylori levels down is important for the body to be able to produce enough stomach acid.

10. Eat Your Largest Meal When You Are Most Relaxed: In order to produce adequate stomach acid, your body needs to activate the parasympathetic nervous system. If you are busy and on the go, you will be in fight or flight sympathetic mode. If you struggle with low stomach acid, this is not going to allow you to produce anywhere near enough.

Use liquid and raw food nutrition such as smoothies, shakes and light salads during your busier periods because these foods don't depend upon much HCL production. Plan your meat containing meal(s) for times when you can be relaxed at least 30 minutes before the meal and 1-2 hours after the meal.

If you are eating meat at a more stressful time period, try taking a few deep breaths before you begin consuming your meal to help relax your body and pull you out of fight or flight.

10 Ways to Improve Stomach Acid

1 Use Liquid Nutrition Throughout the Day



2 Use Ginger



3 Super Hydrate Outside of Meal Times



4 Drink Very Little With Meat Containing Meals



5 Hold Off On Water After a Meal



6 Use Lemon and Apple Cider Vinegar



7 Eat Protein Foods at the Beginning of the Meal



8 Use Fermented Veggies



9 Use Fermented Drinks



10 Eat Your Largest Meal When You Are Most Relaxed



Supplementing With Hydrochloric Acid:

One of the most important supplements I have ever worked with is supplemental hydrochloric acid. I have seen this make a huge difference in so many people's lives. This is a betaine HCL tablets. You should find them in dosage ranges of 300-500mg per capsule and in combination with 100-200 mg of Pepsin per capsule.

There are 2 protocols I use with my clients. One is for those who have acid reflux on a regular basis while the other is for those who rarely (once a month or less) or never experience acid reflux.

Always take the Betaine HCL either half-way through the meal or right at the end of the meal. Never take it before the meal or you may get a faulty experience of heartburn and you will turn off your natural stomach acid production for this meal.

If You Don't Suffer From Acid Reflux:

Take 1 capsule during or after the meal (never before the meal) and see if you notice a mild burning sensation in your stomach, chest area. This is a mild experience of indigestion or heartburn. When you notice this with 1 cap of HCL, it is a sign you are producing enough HCL. If not, you are not producing enough HCL. At your next meal, try taking 2 caps and continue this until you find how much it takes to induce the indigestion/heartburn.

If 4 caps induces indigestion, then take 3 caps with your larger protein meals (not protein shakes or broth – only meals with meat and protein). Once you begin feeling indigestion with 3 caps, drop it to 2, etc.

If You Suffer From Acid Reflux:

Do not take any ant-acids or acid reflux meds

Take 1 capsule during or directly after the meal (never before the meal) and see if you do not have the indigestion. If you continue to have the indigestion, you need more.

At your next meal, take 2 caps and continue this process until you find the amount you need in order to not have indigestion. Continue to use this amount until you notice you have indigestion again. When you do, drop your dosage by 1 cap for your next meal.

So if 4 caps took away your indigestion than stay on that until you noticed that 4 caps now CAUSED indigestion. Than drop your dosage to 3 caps until you notice that that amount causes indigestion. When you notice indigestion at 3 caps, drop it to 2 and continue with this until you plateau or are able to completely eliminate the usage of the HCL caps.

Do I Need to Take Betaine HCL For Life?

This is the most common question I get from my clients after they see the remarkable results they get from optimizing their stomach acid and using the Betaine HCL caps. Because stomach acid is something our body naturally should produce, this is a very valid question and concern.

The answer is maybe. Individuals who are younger and healthier can absolutely regain near optimal HCL production and maintain that throughout life with the right plan. Older individuals or those who have suffered with chronic health problems for a longer time may need extra stomach acid support for life.

Either way, your life will be much better by taking the HCL supplements you need so you can optimize your digestion than avoiding them or using them marginally. Fortunately, they are one of the most inexpensive supplements you can find on the market.

The Stomach Acid Quiz:

Answer the following 20 questions as honestly as possible and keep track of the amount of true answers that you have.

I typically have bad breath

True False

It feel like I am aging prematurely

True False

It seems like I am always hungry

True False

I often struggle with constipation and/or diarrhea

True False

My hair is weak, thin, dry and brittle

True False

My skin tends to get dry

True False

I tend to feel full for quite some time after meals, or feel like food just sits in my stomach.

True False

I get tired after meals often

True False

I have been diagnosed with anemia in the past

True False

I have struggled with indigestion and acid reflux in the past

True False

I will often have gas and bloating after meals

True False

I will often have belching and/or burping after meals

True False

I have noticed undigested food particles in my stool

True False

I have a lot of foods that I am sensitive too

True False

I typically don't feel well after I eat

True False

I tend to have weak fingernails (brittle, peeling, ridges).

True False

I have a history of one or more of the following conditions: acne, eczema, rosacea, psoriasis, small intestinal bacterial overgrowth, h pylori, candida overgrowth, osteoporosis or arthritis

True False

I often experience nausea, especially after meals

True False

I have a history of an autoimmune disease

True False

I have a had either a thyroid problem or adrenal fatigue

True False

Results:

Count 1 point for every true answer you circled and 0 points for every false answer. Tally up your total points.

Total Score:

0-2: Most likely good stomach acid levels

3-8: You are at risk for low stomach acid

9+: You most likely are struggling with low stomach acid levels

Your Score Is _____

****If you scored anywhere from 5+, than I would recommend following the Digestive Health Restoration 30-day program and then retesting.**



About Dr David Jockers DC, MS, CSCS

Dr. David Jockers is a Maximized Living doctor, functional nutritionist, corrective care chiropractor, exercise physiologist and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com

His experience working with thousands of individuals has given him a level of expertise in the field. He has had the privilege of traveling to London with the Maximized Living wellness advisory council to help the USA athletes win the gold in 2012.



He is a leading writer for “NaturalNews,” “Organic Life” and “Cancer” which are three of the top online health publications in the world. He is also on the expert panel for the popular “South African Journal of Natural Medicine.” He has well over 1200 professionally published natural health articles all over the internet and in-print magazines

He is the author of “**SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset,**” and the **SuperCharged Recipe book** with over 180 full-color recipes to help you take back control of your health.

He has developed 4 revolutionary online programs with thousands of participants. These programs include E-guides, recipe guides, meal plans and video instructions including “The Sugar Detox,” “The Cancer Cleanse,” “Navigating the Ketogenic Diet,” and “The Digestive Health Restoration Program.”

He is a sought after speaker around the country on such topics as weight loss, brain health, functional medicine, natural detoxification and disease prevention. Dr Jockers does local and long-distance consultations to help customize specific lifestyle plans to improve performance and beat chronic disease.

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