

### HCL Challenge and Treatment

This test is diagnostic as well as therapeutic. Hydrochloric acid (HCl) is made in your stomach and is the primary digestive enzyme for proteins. HCl keeps the pH of the intestinal tract acidic, preventing invasion by parasites such as candida. HCl is needed to create nutrients such as B12, calcium and iron. This challenge will help us to determine if you are deficient in this digestive enzyme and treat you for the deficiency at the same time.

#### Testing/Treatment Procedure:

1. Day 1: Take one HCl capsule with each meal **If you experience any discomfort (usually a sensation of gastrointestinal warmth or mild burning) with one capsule, you are not deficient and should not continue the test. Call the Office for revised instructions.**
2. Day 2: If you did not experience discomfort on the first day of the challenge, increase the number of capsules to two with each meal. Note any discomfort, usually a mild burning or indigestion sensation. **If you experience discomfort, go to number 4 below.**
3. Day 3: If you still have not experienced any discomfort, continue to increase the number of HCl capsules taken with each meal by one per day until you experience discomfort. This may take several days. For example, take 3 capsules per meal on day 3; take 4 capsules per meal on day 4; take 5 capsules per meal on day 5, etc. until you experience discomfort.
4. Once you have experienced discomfort, reduce the number of HCl capsules by one per meal. For example, if you felt discomfort with 5 capsules, decrease your dose to 4 capsules per day. Continue to take that dose, in this example 4 capsules, as your does. Over time, you will likely find that 4 HCl capsules make you uncomfortable, in which case reduce to 3 HCl capsules per meal, and so on until you are no longer taking any HCl.

You are gradually weaning yourself off the HCl capsules as your stomach begins producing more HCl on its own. By taking HCl you are allowing your stomach to rest and better digest nutrients that provide the necessary building blocks to make HCl on your own.