

Hydrochloric Acid Challenge

This test is a diagnostic as well as a therapeutic test. Hydrochloric acid (HCl) is made within your stomach and is the primary digestive enzyme for your proteins. HCl keeps the pH of the intestinal tract acidic, preventing invasion by parasites, such as candida. HCl is needed to hydrolyze nutrients such as B12 and all minerals, especially calcium and iron. The intent of the hydrochloric acid challenge is to see if you are deficient in this digestive enzyme and treat you for the deficiency at the same time.

We will supply you with 10-15 sample HCl capsules for this test/challenge. This will prevent you from opening a full container of HCl capsules unless we conclude that you have an HCl deficiency.

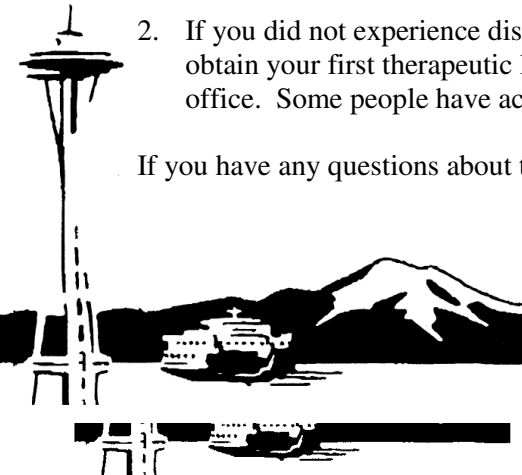
Testing/Treatment Procedure:

1. Day 1: Take one HCl capsule with each meal (i.e. one capsule with breakfast, one capsule with lunch, and one capsule with dinner). Make a note of how you feel after each meal, especially if you feel any discomfort such as bloating, burning, feeling of fullness, etc. **If you experience any discomfort with one capsule, you are not deficient and should not continue the test. Contact 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. Again, note any discomfort as described above and **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. **Proceed to number 4 below.**
4. Once you have experienced discomfort, contact the Office to report the number of capsules at which you experienced discomfort. Reduce the number of HCl capsules by one per meal. Continue to take that number of capsules with each meal until you *again* feel discomfort. For example: If you became uncomfortable with eight capsules with a meal, you would then reduce your dose to seven HCl capsules with each and every meal until you experience discomfort again. Once seven HCl capsules make you uncomfortable, then reduce to six HCl capsules per meal, and so on until you are no longer taking any HCl. The idea is that 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, thus providing the necessary building blocks to make HCl.

In summary, please contact the office in the following cases:

1. If one HCl capsule makes you uncomfortable, you'll need to inform your physician because HCl deficiency is not the cause of your condition and your therapeutic regime may need to be changed.
2. If you did not experience discomfort with the first HCl capsule, and proceeded with the challenge, when you obtain your first therapeutic level of HCl (the first time you experience discomfort), please inform the office. Some people have actually reached levels of 14-15 HCl capsules per meal.

If you have any questions about these instructions or your reactions during the test.



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