



Designed for Health

## Hydrochloric Acid Supplement Personalized Dosage Challenge

**Why take HCl?** Taking supplemental stomach acid can assist the body in lowering the stomach pH so that it can properly break down the foods you are eating. This will also be a trigger to a cascade of digestive events that is critical to preventing/healing leaky gut, preventing/healing food sensitivities and further down, autoimmune conditions. Remember this is the crux pin of all digestion!

**Take HCl mid-meal**, after at least a few bites of your food.

Start with a low dose (Hydrozyme – 150mg) and take one per meal. Do this for 3 days and then increase the dose to two per meal. Continue for 3 days and then increase the dose to 3 per meal. Continue for 3 days and increase the dose to 4 per meal. When you get to 5 per meal you can switch to a higher dose formula (Betaine Plus HP – 700mg). This will allow you to not have to take so many pills as well as being economical.

### **5 Hydrozyme = 1 Betaine Plus HP**

When you find that you have a feeling of warmth in the stomach, heartburn sensation, reflux or other symptoms along those lines then you have found your upper threshold. Yeah! Sometimes this could be symptoms like a gurgling feeling, gastric distress, or other type of discomfort which will be consistent with that dose and not dependent on the food eaten. From there back down by 1 Hydrozyme to find your custom dose. It is critical to find your upper threshold (the highest dose you can handle) in order to ensure you are fully digesting your food and preventing ill consequences. Do not stop until you find your upper threshold.

### **Example:**

Day 1-3: 1 Hydrozyme

Day 4-6: 2 Hydrozyme

Day 7-9: 3 Hydrozyme

Day 10-12: 4 Hydrozyme

Day 13-15: 5 Hydrozyme **OR** 1 Betaine Plus HP

Day 16-18: 6 Hydrozyme **OR** 1 Betaine Plus HP and 1 Hydrozyme

Day 19-21: 7 Hydrozyme **OR** 1 Betaine Plus HP and 2 Hydrozyme and etc.

The max dosage you would want to take would be 5 Betaine Plus HP (which equals 25 Hydrozyme). At this point even if you are not making any stomach acid you would be at the lowest pH that the stomach should have.

### **TIPS:**

- If burning sensation occurs ½ hour or more AFTER the meal, then you haven't taken enough HCl... keep increasing to find your upper threshold.
- If burning sensation occurs within 5 minutes of ingesting the HCl then you have taken too much and found your upper threshold. Reduce your dose by 1 Hydrozyme and take that each meal. If this discomfort is intense at this moment you can take 1 tsp. baking soda in water to reduce discomfort (only take it that one time!)
- If the burning sensation occurs within 5 minutes of taking just one Hydrozyme, please let me know right away (and don't keep taking the HCl). Preliminary stomach healing may be necessary before introducing HCl. This is not an indicator that you don't need HCl but rather that healing must take place first. This is especially critical for those that have suffered with chronic heartburn/reflux!
- If you are eating a smaller snack-like meal you may need to decrease your regular dose.
- Over time your dosage may need to be adjusted – if you are under a lot of stress you may need to increase your dose or if you are doing some good healing work (esp. getting better hydrated) you may need to lessen your dose. If under stress, simply test your upper threshold again by increasing gradually by 1 Hydrozyme every 3 days. Alternately, if you need less you will feel the burning at your usual dose and you can just decrease by 1 Hydrozyme until you do not experience that symptom.