

HCl (hydrochloric acid) challenge

The purpose: to see if you have deficient (low) stomach acid and if so how much HCl you need to supplement with

Who should test: anyone with digestive issues including reflux/heartburn

Other symptoms: hair loss, fatigue, weakness, memory loss, headaches, neuropathy

Steps:

1. Buy Betaine HCl w/pepsin, 650mg Solaray brand or Dr Mercola brand, can be found on Amazon
2. Day one - take one capsule with your largest meal of the day - take it half way into the meal
3. Note if you feel any symptoms like burning, reflux, or stomach pain, if you DO, you have sufficient stomach acid and you can stop the test, if you feel nothing, go on to day two
4. Day two - take two capsules w/largest meal, note any symptoms, if you still feel nothing, go on to day three
5. Day three - take three capsules w/largest meal
6. Continue like this until you feel symptoms, if you are not feeling any symptoms, this means you have deficient stomach acid
7. When you do get to the point of feeling symptoms, it will be uncomfortable but don't abandon the process, take a few days break until you feel better, then restart at one capsule less, ex: if you had symptoms at 7 capsules, restart with 6 capsules
8. If you then take 6 capsules and still feel nothing, you have found your current necessary dose, continue daily at 6 capsules
9. Your stomach acid supply will eventually normalize and you will need less and less supplementation, so you should at some point start to feel symptoms at 6 capsules, so the next day reduce to 5 capsules, when you feel symptoms reduce to 4 capsules, and continue reducing like that

Do not do this test if you are currently taking acid blocking medications or if you have Barrett's esophagus or a hiatal hernia