



# SEATTLE NATURAL HEALTH LLC

## CHIROPRACTIC AND NATUROPATHIC CLINIC

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### HYPOACIDITY

The secretion of hydrochloric acid (HCl) by the stomach is one of the most important functions of our body. Contrary to numerous TV commercials advocating the use of antacids for heartburn and reflux, much of the US population actually produces too little or no acid at all. The function of HCl in our stomach is to break down proteins, absorb nutrients, stimulate digestion in the intestines and kill unwanted bacteria, fungus and other pathogens. Without proper HCl many people experience gas and bloating, constipation and/or diarrhea, abdominal cramps, allergies, fatigue, heartburn and reflux. These can translate into the following medical conditions: irritable bowel syndrome (IBS), ulcerative colitis, esophageal reflux (GERD), certain skin conditions (psoriasis, eczema) and malnutrition. In addition, zinc, magnesium, calcium and vitamin C are all dependent on adequate amounts of HCl for maximum absorption.

Some of the most common reasons for decreased acid production are stress and hasty or insufficient chewing. Taking more time to chew your food in a relaxed and thorough manner can help. Supplementing meals with HCl can also be beneficial. This supplement can be taken on a short or long-term basis. Occasionally, the presence of an *H. pylori* infection may create an ulcer or stomach problems. Herbs can be used to help get rid of the infection. If you are currently taking an antacid medication, it is possible to decrease the amount or get off the medication altogether. Below is a list of herbs that promote normal acid secretion and can assist in weaning you off antacids. Before eliminating your prescription antacid, please consult with the health care professional who prescribed the medication.

- ☐ **METAGEST:** A blend of betaine HCl and pepsin, this formula helps stimulate HCl production. Best if taken toward the beginning of a meal.
- ☐ **BETAINE HCl:** Contains betaine HCl and pepsin. Works like Metagest in stimulating stomach acid. Also best if taken toward beginning of a meal.
- ☐ **GENTIAN ROOT:** A Chinese herb that is taken before meals to assist in stomach acid secretion.
  - ☐ **ULCINEX:** Contains several Chinese herbs including licorice root, corydalis tuber and bletilla root which are used to protect and heal the stomach from ulcers and unfriendly bacteria.
  - ☐ **GASTRIC REPAIR COMPLEX:** Contains deglycerized licorice, L-Glutamine, Okra and several other herbs to help heal the stomach and fight off unfriendly bacteria.