

HCL Protocol

Judicious use of hydrochloric acid (HCL) supplementation starts breaking down your food to release and ionize the minerals from the food. Your body starts to assimilate those minerals, adding to your mineral reserves, and the HCL production starts to naturally increase again. While you do this, the minerals you are now getting from the food will also help to balance your body.

In the middle of a meal with protein, take one HCL capsule. (It is important to chase HCL with at least one bite of food. If the capsule were to get stuck in your esophagus and dissolve there, it would feel a like heartburn.) The amount of HCL used is also measured against the amount of protein in the meal - more protein, more HCL; less protein less HCL.) If you do not feel a warming sensation in your tummy, take two at the next meal. If you do not then feel a warming sensation your tummy, take three at the next meal. This process continues until you feel a warming sensation in your stomach, up to a maximum of five 500 mg capsules. Hold at this dosage until you feel a warming sensation in your tummy. Once this happens, at the next meal, back off one capsule and stay at that dosage for all successive meals until you begin to feel a warming sensation again, then back off another capsule and stay at that dosage level for successive meals. When you begin to feel a warming sensation again, back off another capsule. Continue to do this until you are down to one HCL capsule with each meal. When you feel a warming sensation after taking the single capsule, stop taking HCL supplements as your body now appears to be producing enough HCL on its own.

(Keep in mind, whatever your normal dosage is (Say you are currently at 5 HCL), if you eat a meal with far less protein than you normally consume, you may only need 2 or 3 HCL with that meal, since it contains less protein.)

What If I Don't Feel a Warming Sensation?

Some individuals need to hold at the 5 HCL dosage for some time before their body can begin producing more HCL on its own. So, if you're not feeling a warming sensation after meals with 5 HCL, it's likely that your body may not have the mineral resources to make its own HCL. You can continue to take the 5 HCL dose until you eventually feel the warming in your stomach. If you do not feel a warming sensation, another indicator is burping or bloating. When burping or bloating ceases, you may be ready to reduce your HCL dosage. You may try reducing your dosage by one capsule and monitor to see if any burping or bloating returns, indicating that you likely still need the higher dose of HCL

What If I Take Too Much

If you misjudge the size of a meal and take too many HCL capsules, resulting in an upset stomach from too much acid, you can mix a 1/4 - 1/2 tsp of baking soda in some water and drink it. The baking soda will neutralize the acid. You will have eliminated proper digestion for that meal, but it may be a better option than the discomfort of having too much acid in your stomach. Then, at your next meal of the same protein content, adjust your HCL intake accordingly.

What IF My Stool Becomes Too Loose?

If you begin to use HCL supplements and your stool becomes very loose and/or you experience extreme urgency to use the restroom, you may now have more acid coming from the stomach than your bile can quench and cool off. So, the body moves this acid product through the intestines quickly so as to not burn the intestinal lining. This doesn't necessarily mean that you don't have a need for that additional HCL, it may just mean that you don't have the proper bile flow to cool it off. To use an illustration; let's say that your stomach's HCL production was at a 3 out of 5 (so you would need additional HCL

supplementation to fully break down your food), but your bile flow was only at a 1 out of 5. That low amount of bile flow may not be enough to quench that acid and your stool could become loose. You might need to temporarily reduce your HCL supplementation until you can correct the issues that are restricting your bile flow. Once bile flow is correctly restored, you may be able to increase your HCL supplementation until you feel the warming in your tummy without experiencing any loose stool issues.