



Hydrochloric Acid Challenge

To test if you need HCL:

Begin a meal, taking two or three bites. Take 1 capsule of HCL and finish meal. If you feel a warming sensation just under your ribs, on the left side, anytime after taking the capsule you have plenty of HCL. Do Not Take Any More. If you do not feel a warming, continue.

If you do not feel a warming:

For the next two days take 1 HCL with each meal. If ever you get a warming sensation, stop. If you feel no warming after two days, continue to next step.

No warming after two days at 1 HCL per meal:

Increase to 2 HCL capsules with each meal. If you get a warming, go back to taking 1 HCL per meal. (If this happens, 1 HCL is your optimum dose. Go to step five.) If no warming, continue with 2 HCL capsules per meal for two days. If still no warming, continue to next step.

No warming after two days at 2 HCL per meal:

Increase to 3 HCL capsules with each meal. If you get a warming, go back to taking 2 HCL per meal. (2 HCL would be your optimum dose. Go to step five.) If no warming, continue with 3 HCL capsules per meal for two days.

No warming after two days at 3 HCL per meal:

If still no warming, continue to increase. (4 caps per meal for two days, then 5 caps per meal for two days). If at any point you get a warming, go back to the next lowest dose, that would be your optimum dose. Do not exceed 5 capsules per meal.

At your optimum dose (or 5 HCL if you never felt warming):

Continue at your dose for two weeks or until you feel warming.

After two weeks or until you felt warming:

After two weeks, slowly decrease by 1 capsule every two weeks until you are down to 1 capsule with each meal.

Down to 2 HCL per meal:

Go down to 1 HCL at the two biggest meals of the day for two weeks.

Down to 1 HCL at two meals:

Take 1 capsule at only the largest meal of the day for two weeks, then discontinue completely.

In this way, you take your body to the point of having the optimal amount of HCL, then as you slowly decrease, your body will be able to begin to make its own at the right amounts.