



Why So HCL Deficient?

1. Stress: Sympathetic overload shuts down the parasympathetic system.
2. Too much protein: Requires greatest amount of HCL.
3. Poor eating habits: Pit out all at once. Don't chew food well, Drink too much water / liquid during meals.
4. Lack of Thiamine / Zinc: B1 and Zinc are both necessary for HCL production in the stomach. Zinc #1 deficient mineral.
5. Antacids: And other prescribed medications or drugs designed to suppress stomach acid production before it even gets started!
6. Alcohol robs the body's ability to make HCL.
7. Salt Free Diets: Sodium need.
8. Aging: Decreased HCL production