LOW STOMACH ACID:

Here are some causes of Lack of Stomach Acid:

- **You are allergic to the proteins and carbohydrates that you are eating**
- **Lose control of absorption of fats**
- **Gallbladder and liver won't dump the stones and congestion from built up toxins**
- **You can't make thyroid, and/or adrenal hormones, and neurochemicals due to lack of tyrosine.**
- **Candida is in the large intestine: undigested proteins are environment for fungus and bacteria.**
- **Zinc deficiency**
- **Phosphorous deficiency**
- **To make proper stomach acid you need Vit. B1, Iodine, Zinc, Salt and Electron voltage.**

The human body is designed to never absorb proteins, only amino acids; this is the way the immune system works., When we eat protein, the stomach acid breaks it into amino acids which goes downstream and you make your own proteins from that. When we don't have stomach acid we can become allergic to proteins and carbs (never the fats). Drugs that shut down stomach acid will increase the opportunity for allergies.

When you have little or no stomach acid, you can become allergic to many or all of the foods you eat (which the exception of fat which you can't be allergic to). This is because the body is suppose to process amino acids, not protein, and without stomach acid the protein tries to be digested and is flagged by the system as some sort of bacteria or virus and you get allergic symptoms. 30-40 minutes after you eat you can feel like you have the flu because the protein is being attacked. (information provided by Dr. Tennant)

There is a test you can do to see if your stomach acid is low:
First thing in the morning, drink 1 (8oz) cup of water with 1/2 tsp good quality baking soda (Get it from health food store eg. Bob's Red Mill which contains no aluminum). Within a minute you should start to burp a lot, and if there is lots burping, you have good stomach acid. If you just have one burp, it is probably air you swallowed. If you start burping after 3 minutes, you have low stomach acid. (taking apple cider vinegar before meals will help). If you still haven't started to burp after 5 minutes, you have severe low stomach acid (you will most likely need to take HCl supplements when eating cooked foods, especially proteins.)