

The HCL Challenge



GAS, BLOATING, CONSTIPATION




Dr. Hugh Wegwerth DC

Welcome



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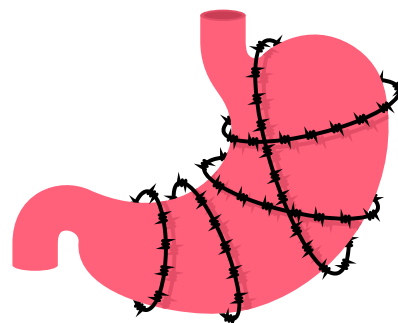
 [@drhughwegwerth](https://www.youtube.com/drhughwegwerth)

Dr. Hugh Wegwerth

The Key to Getting Well is Having a Clear Guided Plan

With over 23 years of experience in Natural Medicine, Dr. Hugh maintains a commitment to a holistic approach to wellness care for his patients. It's not always as simple as spending 12 minutes with a patient and writing a prescription. There are complexities to each individual case that requires more attention. This is his commitment to each of his clients.

Dr. Hugh's expertise lends itself to providing help for some of the most difficult cases. He has worked with and provided healing success stories for a number of different hard-to-treat conditions including Hypothyroid, IBS, Crohn's Disease, Chronic Fatigue, Autoimmune Diseases, Hormonal Issues, Sleep Problems, Neuropathy, Antibiotic poisoning (Floxed), Gluten Sensitivity, and other Food Allergies.



The HCL Challenge

Let's get Started!

AN INTRODUCTION



[CLICK HERE TO PLAY THE VIDEO](#)

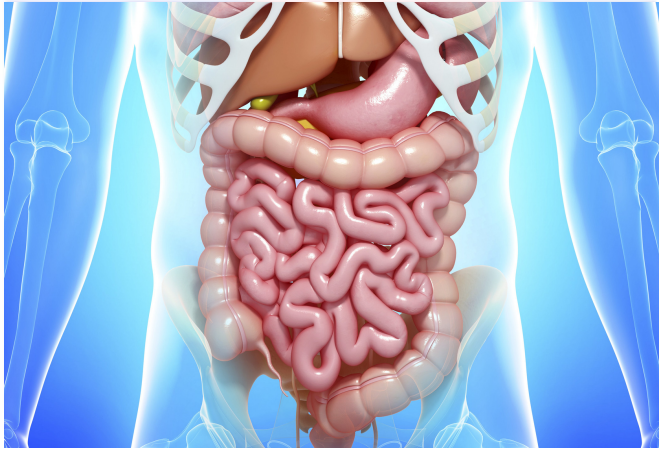
Optimal digestion is essential for the proper functioning of the whole body. One of the major causes of digestive problems is inadequate hydrochloric acid (HCL) in the stomach. The parietal cells are the cells in your stomach responsible for making the hydrochloric acid. The HCL, in turn, breaks down the foods you eat.

As you eat fats, protein, and carbohydrates, the HCL initiates digestion. A low level of hydrochloric acid in your stomach may cause your digestive system to function improperly, resulting in conditions like constipation, diarrhea, gas, bloating, and other digestive problems.

A great option in determining if you have the appropriate level of hydrochloric acid in your stomach is to take the HCL challenge.

[CLICK HERE TO PLAY THE VIDEO](#)


Digestive Enzymes



Pancreatic Enzymes

PROTEOLYTIC ENZYMES	LIPOLYTIC ENZYMES
Trypsinogen	Lipase
Chymotrypsinogen	Phospholipase A ₂
Proelastase	Carboxylesterase lipase
Procarboxypeptidase A	NUCLEASES
Procarboxypeptidase B	Deoxyribonuclease (DNAse)
	Ribonuclease (RNAse)
AMYLOLYTIC ENZYMES	OTHERS
Amylase	Procolipase
	Trypsin inhibitor

•Proteases split proteins into smaller size
•Lipases split fat into smaller size
•Amylases split carbohydrates into smaller size

18:16 |  vimeo

IMPACT OF LOW HCL IN DIGESTIVE PROCESS

For simple understanding, let's say north is your stomach and south is for poo. Therefore, the digestion process starts from north and goes south. So, your first step is to ensure you chew your foods properly. Then the food goes into the stomach after chewing. You need to have enough hydrochloric acid in your stomach for this to happen because inadequate hydrochloric acid in the stomach disrupts the normal digestive process. Inadequate levels of HCL causes your food to leave your stomach and go into your small intestine.

Without proper HCL your pancreas won't be turned on to produce enough digestive enzymes and will not tell the gallbladder to start producing bile. This leads to deficient pancreatic enzymes and bile acid. These deficiencies will prevent your GI system from functioning optimally and result in bad gut, constipation, bloating, diarrhea, and more. Thus the hydrochloric challenge test is required to know the supplements to take and the digestive programs to follow to repair and restore your gut.



You may do glutamine, Aloe vera, mushroom, licorice, and other fancy supplements and GI protocols but none will increase your hydrochloric acid level.

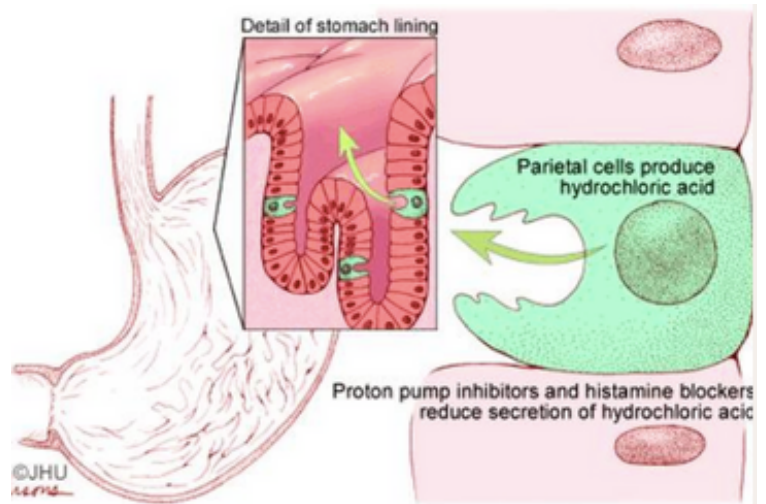
THE PROBLEM OF BIG PROTEIN AND ITS EFFECT

You don't have to worry about the issue of big protein if your digestive enzymes and bile acids break it down for it to get absorbed into your gut without causing inflammation. However, lack of enough HCL, digestive enzymes, and bile acid may cause big proteins. For instance, let say you take lactose that doesn't get broken down currently. This causes big protein, which crosses your gut barrier into the bloodstream, which shouldn't be there. Once your immune system discovers this big lactose is in an inappropriate place, it starts to attack it. And this is what causes global inflammation, which leads to all sorts of problems. It may lead to brain fog, brain fatigue, fibromyalgia, chronic fatigue, tendon problem, muscle pain, IBS, Crohn's disease, thyroid problems, hypo or hyperthyroid. All these different forms can be caused by your leaky gut caused by poor digestion.

IMPROVING YOUR HCL AND DIGESTION

Betain, is supplement produced by Vital Nutrients. It has pepsin, which is also a digestive enzyme that breaks down food. This capsule can be used to repair your gut and improve your HCL. You don't necessarily need to get this exact brand; just make sure the brand you purchase carries Betain HCL label. It is, however, crucial to know the protocol to follow when using it. I'm going to carefully lay out the protocol; please follow it thoroughly.

First, start with a meal containing a lot of fat and protein. After taking a few bites of your meal take a half capsule. Be careful not to take Betain HCL with just carbohydrates (ie. an apple). You only take HCL when you're eating a combination of fat, protein, and carbohydrates. So you can eat carbohydrates, but it needs to include fat and protein. This is a must!



Continue this routine of one-half capsule at each meal for three days. On the fourth day increase to a full capsule at each meal. You continue the routine until you experience heartburn. Once you feel heartburn then we know that your HCL has reached its maximum capacity, and there is no need to use the capsule further. When you have reached the point of experiencing heartburn then you're going to scale back down.

As an example on day 9 you are taking 2 full capsules at each meal. If you begin to experience heartburn you would scale back to 1 capsule as your maintenance dose. In my experience, most people need to take five, six, seven capsules before they feel heartburn.

WHAT IF YOU DON'T GET HEARTBURN AFTER USING SEVERAL BETAIN HCL CAPSULES?



Some people are taking eight capsules with each meal and not getting any heartburn at all. If you fall within this category it implies that your stomach is not producing hydrochloric acid. This can be a significant problem.

In these situations, the HCL level may be reduced due to a degenerative health condition. As the condition continues to get worse, the hydrochloric acid levels will continue to decline. So as we age, we have less HCL production. And as we age with chronic problems, we may have even less production.

Genetics is another leading factor in a reduced production of hydrochloric acid. When someone is genetically deficient in their HCL production; they will produce some but not enough over time. Many with this condition might have noticed experienced GI issues in elementary school or high school.

HOW DO YOU FIGURE OUT THE NUMBER OF CAPSULES YOU NEED TO REPAIR YOUR GUT?

So what we want to do here is to figure out what you're going to want to use and need for the HCL. Let's assume you've just taken a half capsule for three days? Then on the third day, you move up to a capsule. You do that for three days. So, on your seventh day, you'd go up to two capsules for breakfast, two capsules for lunch and two capsules for dinner.

However, it is best to go very slow. There's no need to rush into this protocol and start taking eight capsules right away. Do not do that. Each time you go up a dose, be sure to do that for three days, and on the fourth day, you'd go up another capsule at each meal.

If you reach a point of 7 capsules and still no heartburn that is the maximum I recommend taking.

WHAT TO DO WHEN YOU GET HEARTBURN AFTER USING FOUR CAPSULES?

Assuming you use up to four capsules before getting heartburn, what you need to do next is to go down a gradient. So, you go down to three capsules because three capsules are your stable dose. Take three capsules in the morning, three capsules for lunch, and three capsules for dinner.

Once you start getting to the root cause of the problem, you start turning your body's physiology around and you start healing your body with an overall decrease in inflammation and restored optimal digestive regulation.

The protocol laid forth is the simplest step I have taken over the last 10 years to reverse my patients' chronic digestive conditions.

Ready for the Next Step?

The Key to Getting Well is Having a Clear Guided Plan

Dr. Hugh Wegwerth champions this phrase in all aspects of his professional practice. With a passion for functional medicine and functional neurology Dr. Hugh has traveled throughout the country to obtain a vast knowledge base that surpasses traditional medicine.



**BOOK YOUR 20-MINUTE
DISCOVERY CALL**

People are frustrated and hopeless as they struggle to live everyday with chronic health conditions. There is help, there is hope!



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