

WHY STOMACH ACID IS ESSENTIAL FOR OUR HEALTH

A lack of stomach acid can cause indigestion, malabsorption, bloating and ultimately degenerative diseases, acute and chronic infections and even cancer. This deficiency can be overcome with a simple hydrochloric acid treatment.

by Elaine Hollingsworth
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*Take Control of Your Health and
Escape the Sickness Industry*

Website:
<http://www.doctorsaredangerous.com>

Forget The Clever Ads: It's Acid You Need, Not An Antacid!

The health enthusiasts have been saying it for decades: "You are what you eat." The problem is that they are *wrong*! You are not what you eat; you are what you *absorb*, and the best diet on Earth will not sustain health if an important ingredient is missing: stomach acid. That's right, acid. In this case, it's hydrochloric acid. You cannot absorb nutrients that are vital for health if this essential part of your digestive system is destroyed by antacids, or if you were born with a tendency to low stomach acid, or if your stomach has been damaged by junk food, alcohol, tobacco, stress and drugs.

If you fall for the propaganda of the drug companies, you are being conned into believing that "excess acid" must be neutralised. This is a blatant, self-serving lie! A seven-billion-US-dollar lie, to be exact: that is the amount the drug companies earn every year selling their profoundly damaging antacids and acid-suppressing drugs. Each year the profits soar; drugs for stomach and upper digestive system problems are the largest-selling medicines in the United States.

The professional journal *Orthopedic Surgeon* said this: "Antacids, drugs which so many people take frequently, are so dangerous that they would have been removed from the market if the drug cartels were not so strong. It has been known for decades that they deplete the bones of between 130 and 300 mg of calcium each time they are consumed. They contain aluminum, and also contribute to Alzheimer's disease."

Nature didn't put acid into our stomachs so the drug companies could earn billions suppressing it. Nature put it there for a compelling reason: it is absolutely necessary for health. Our stomach acid is so strong that it can reduce the toughest steak into meat soup in about an hour. Imagine what happens to that steak when it hits an acid-deficient stomach: indigestion, malabsorption, and sometimes unpleasant and antisocial symptoms such as bloating, burning, gas and belching—not because of too much acid, but because of *too little*. Because there are few warning symptoms, malabsorption can occur over many years, leading to slow starvation. This results in crumbling bones, degenerative diseases, acute and chronic infections caused by germs that are easily killed by normal stomach acid, and cancer.

Yes, even cancer, and it's logical when you think about it. When your stomach has a normal acid level, it is able to kill invading micro-organisms and break down dangerous food additives; but, if your stomach lacks this vital element, additives can turn into cancer-causing nitrosamines.

Hypochlorhydria: Low Stomach Acid

My first encounter with stomach acid taught me a lesson I shall never forget. During the 1960s I lived in Europe, and after six months of injudicious pasta-gorging in Italy I became exhausted. The doctor I

consulted had no idea what to do, so I drove myself to London and collapsed. Friends brought in a doctor who took my pulse and told me it was a dangerously low *ten!* Then he asked who my next of kin was, and I knew I was in deep trouble. Tests were done, and the diagnosis was pernicious anaemia. Then I had to take B-complex vitamins, have iron injections and eat lots of red meat for two months—and I saw zero improvement.

Finally, presumably because he was afraid I'd die on him, my doctor drove me to a Harley Street specialist. (I was too weak to get there on my own, but can you imagine a doctor doing that today?) The first thing this old-school physician said was, "Have you tried hydrochloric acid?"

I had not exhibited the classic symptoms of hypochlorhydria, though I do remember asking my doctor when I was 16 why my fingernails peeled, why I squinted badly in sunlight and why I had night blindness. He would have known if he had taken the time to crack a basic medical text. He didn't, though, and merely suggested that I learn to live with it. These and other health problems I had were clear signs of the need for additional acid, and this man could have saved me years of problems which culminated in a close encounter with death. Virtually all physicians are making the same mistake today.

The Harley Street specialist understood immediately. He prescribed a potent form of hydrochloric acid drops. These had to be diluted and sipped through a glass straw to avoid tooth enamel damage. The potion had to be drunk prior to each meal, and after two weeks I was fighting fit. I have taken hydrochloric acid (fortunately in capsules now) ever since.

In 1970, a progressive doctor friend in Los Angeles told me that hydrochloric acid in the stomach is so valuable that every antacid preparation should be prohibited by law. He also told me something that has proved extremely valuable to the people I've advised during the many intervening years: doctors in those days often wouldn't prescribe hydrochloric acid without first inserting a tube through the nose and then down into the stomach to test the acid there. When I expressed horror, he laughed and said that this procedure was not necessary; that the easiest way to determine if supplementation is needed is by taking a tablet with a meal. If you don't need hydrochloric acid, there will be a slight burning in the stomach, which is easily neutralised by drinking plenty of water.

There are now other tests. A hair mineral analysis, which measures macro and trace minerals, is an option. If five or more minerals are deficient, particularly those

known to be poorly absorbed in low acid states (e.g., calcium, zinc and iron), low stomach acid is indicated. Another test consists of a chemical analysis of the stool, with a search for undigested proteins. A well-trained iridologist can also diagnose lack of stomach acid.

Note that the pH system is a scale for measuring the acidity or alkalinity of a given environment (in this case, your stomach). The scale goes from zero to 14.0; 7.0 is neutral; below 7.0 is acid; above 7.0 is alkaline. Normally, the acid level in your stomach is about pH 2.0 or 3.0.

The Heidelberg capsule is recommended by some physicians. This is a tiny pH sensor and a radio transmitter compressed into the size of a large vitamin capsule. It is swallowed, tethered to a long thread, and removed from the stomach once the results have been relayed by radio signal to a receiver. This is expensive and unappealing, and does not take into consideration the hourly changes in the pH of the stomach. But Big

Medicine and Big Pharma love it because it is "scientific" and profitable.

Then there is the "try-it-and-if-you-don't-burn-you-need-it" method. It's quick, it's cheap, and the result is immediate. It is not, however, scientific, although (as noted earlier) a physician told me it was accurate and safe.

Warning: this test must not be attempted by anyone who has a peptic ulcer or is using

any kind of anti-inflammatory medication. This includes aspirin, ibuprofen (e.g., Advil, Motrin), corticosteroids, (e.g., prednisone), Indocin, Butazolidin, or any other NSAIDs (non-steroidal anti-inflammatory drugs). Wise people shun NSAIDs anyway, considering that, as Dr Joseph Mercola reported on his website Mercola.com, "[i]n 1993, of 140,000 hospital admissions for osteoarthritis, 25,000 deaths were directly attributed to high dosage or prolonged use of NSAIDs".

If you are taking any drugs, check with your physician before experimenting with hydrochloric acid. There are so many dangerous drugs being prescribed and heavily marketed, with new ones coming along frequently, and I may have omitted some that interact badly with hydrochloric acid. Please remember that any anti-inflammatory medications can cause stomach bleeding and ulcers. Combining them with hydrochloric acid increases this risk. People on cortisone, even in sub-replacement doses, need to approach hydrochloric acid cautiously, with professional advice. If supplementation proves necessary, it is safer to take hydrochloric acid well separated from cortisone.

In all the years that I have been involved with natural health, I have not encountered anyone who didn't

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benefit from taking supplemental acid. So many things trigger this lack: the unrelenting stress that most of us live with; junk food; antibiotics; smoking, or exposure to second-hand smoke; heavy consumption of grains; vegetarianism; age; extremely alkaline diets; etc. Yet, most people are unaware of stomach acid, except when television commercials blare out Big Pharma–inspired warnings about "excess acid".

Monitoring dosage of hydrochloric acid can be tricky. Results, of course, are a good guide. If bloating, gas, etc. have been problems, these should abate quickly. If you have longitudinal lines on pale, soft fingernails, with supplementation the lines should slowly fade and the nails should strengthen and become pink. Lifeless hair and skin problems should also improve over time, as should a general sense of wellbeing.

In cases of long-term underproduction of stomach acid, regaining health is not as simple as popping a few pills. A knowledgeable naturopath is needed for detective work: he/she can order a hair mineral analysis, which is extremely useful. Your iron level could be badly depleted, leading to exhaustion. It is important, though depressing, to see if your dentist has poisoned you with mercury. Are your B vitamins and/or your enzymes hopelessly depleted? Once the truth is known, measures to correct imbalances can be taken.

For decades, I have felt like a voice in the wilderness. But two prominent American doctors, Jonathan V. Wright, MD, and Lane Lenard, PhD, have written a superb book, *Why Stomach Acid Is Good For You* [M. Evans & Co., 2001], which should be on the desk of every health professional who cares about his or her patients. I highly recommend it for those of you who think you may have "acid indigestion" and have been taking drugs to suppress it. It outlines, in careful detail, exactly what to do in order to heal your stomach from the damage these dreadful drugs have done to it. Once healed, you can take what you need—hydrochloric acid—to ensure that you will regain your health and start absorbing the nutrients you desperately need.

The Apple Cider Vinegar Remedy

Many people are born with low stomach acid, or they develop it in childhood. Of course, in a perfect world, children would have an abundant supply of hydrochloric acid—but observe the average supermarket trolley

stuffed with appalling junk, dangerous soy products and the worst kind of oils. Small wonder that our kids have malabsorption due to lack of stomach acid, plus all the other illnesses caused by the amazingly unhealthy junk that their poor little bodies have to metabolise! Small wonder that they have diabetes, asthma, recurring infections of all kinds, anaemia, parasites, coeliac (celiac) disease and miserable skin conditions. Drs Wright and Lenard explain in their book how the children who are brought to their Tahoma Clinic in Kent, Washington, get over these dreadful afflictions by improving their diets and supplementing their hydrochloric acid.

A distraught mother told me that her four-year-old son had had diarrhoea since he was born and had never had a normal bowel movement. The many doctors who examined the boy, and gave him drugs, were of no use and she was eventually advised to see a specialist to have a camera inserted into the child's anus. This examination would be followed, no doubt, by a painful, damaging and unnecessary operation.

When I enquired about his other symptoms, the mother told me that he was anaemic and had *Giardia*. I knew immediately what the problem was: lack of hydrochloric acid.

It's hard to comprehend how the doctors could have missed what every first-year med student should know! The first suspect when anaemia is diagnosed should be the stomach acid level, and the first thing to look for when parasites are suspected is, you guessed it, hydrochloric acid.

Because I'm not a doctor and can't take the responsibility of prescribing, I suggested an old-fashioned, safe remedy: a spoonful of apple cider vinegar in

a glass of water, taken half an hour prior to meals. It worked, and the boy is now normal for the first time in his life. But for a little apple cider vinegar, this defenceless child might have been irreparably damaged by unnecessary medical procedures. When the mother told the doctor that her boy was now well because of this remedy, he said, "Oh, don't be ridiculous!"

Warning: do not give a hydrochloric acid pill to a child who could get it caught in his/her throat, or who is too young to tell you if his or her tummy gets warm from it.

In another instance, a miner from Western Australia rang to thank me for this remedy, which he read about in the fifth edition of my book. He said that for 20 years he had complained about symptoms after eating, and

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none of the doctors had given him the slightest help. The last one told him that he should be glad he was still alive! Because he was in the outback, he couldn't get to a store, but he tried the vinegar and for the first time in 20 years his symptoms were gone!

These are commonplace stories, and the help I can offer people is not because I'm a genius but because establishment doctors are taught about drugs, not nature and common sense.

As mentioned above, when hydrochloric acid supplementation is not feasible, a tablespoon of apple cider vinegar in a glass of water, taken 30 minutes before meals, will often relieve some, or even all, symptoms. As Drs Wright and Lenard say in their book: "This is supported by the common practise in some cultures of treating gastric discomfort with lemon juice or vinegar. But this is not ideal. Unfortunately, even though symptoms may be improved, actual nutrient digestion and assimilation are not improved nearly as much as with hydrochloric acid replacement."

Trying vinegar first is an excellent way to decide whether or not you need to take hydrochloric acid. Be cautious with lemon juice, as it can erode tooth enamel. Further, both lemon juice and vinegar can exacerbate *Candida albicans*.

Drs Wright and Lenard recommend starting with one capsule of betaine hydrochloric acid after the first few bites of food. If no problems are noted, increase the dose to two capsules in the early part of the meal. Then, provided there is no burning in the stomach, increase again after a few more days, spreading the additional capsules throughout the meal.

Amounts of hydrochloric acid in tablets vary from country to country. Judicious experimentation is necessary before finding your dose. If, for example, it takes five capsules to achieve the warming, drop back to four capsules with each meal of the same size. Eventually, once the stomach has "righted" itself, fewer will be needed. We have found that most people do well eventually on one or two capsules with each substantial meal. For those who are subject to urinary tract infections (UTI), be aware that overdosing with hydrochloric acid can irritate the bladder.

Dangers of Acid-Suppressing Drugs

Has your heart specialist warned you, as Drs Wright and Lenard say, that "[l]ow production of hydrochloric

acid and pepsin in the stomach is associated with hardened arteries, high cholesterol, high triglycerides, high blood pressure, and even obesity—which can spell trouble for your heart"? Probably not; he and his colleagues are too busy handing out statin drug prescriptions and performing bypasses to think of such simple, noninvasive and inexpensive remedies.

What about your internist? Has he mentioned that the western world's near epidemic of parasites is due, in large part, to acid-suppressing drugs? If not, educate yourself by heeding what Drs Wright and Lenard say in their excellent book, that low stomach acid leaves us prey to "salmonella, cholera, dysentery, typhoid and tuberculosis, not to mention garden-variety heartburn, diarrhea, constipation, bloating, flatulence and parasites".

I lived for three years in Haiti, where people were plagued by parasites and where "cures" that didn't work often dominated dinner party conversations. I didn't know then that the hydrochloric acid I had brought with me, and took religiously, was the only reason I'd escaped this unpleasant fate. Later, during the years I lived in Africa, India and Sri Lanka, I was able to spread the word around and help lots of sufferers.

More from *Why Stomach Acid Is Good For You*: "...there is no doubt that acid suppression promotes bacterial overgrowth and that bacterial overgrowth promotes production of carcinogenic nitrosamine compounds. There is also no doubt that acid-suppressing drugs increase the progression and severity of atrophic gastritis in people with *H. pylori* infection, and that atrophic gastritis is a major risk factor for gastric carcinoma."

That's cancer.

What about those who say, "Yes, but I've got reflux and/or GERD and have to take acid-suppressing drugs"? I say, "Wrong!" Even though the acid-suppressing drugs may reduce symptoms, they are like throwing petrol on a fire, and will eventually create severe diseases.

Reflux (where acid flows back into the oesophagus) and/or the more serious gastro-oesophageal (or esophageal) reflux disease (GORD, or GERD) are not caused by *too much* acid, but by *too little*. If you have GORD/GERD, don't call it "acid indigestion". Better, call it "lack of acid indigestion". This is how it works. When you eat, if your hydrochloric acid is low, your stomach will hold food longer and whatever hydrochloric acid is present will mix in with the food. Your stomach will

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churn, but, because it doesn't have enough acid, instead of emptying its contents into your small intestine it causes some of the food to regurgitate into your oesophagus. Then, because your throat is not protected against acid with the same mucosal barrier as your stomach, your throat will burn. Thus the term "heartburn". If you treat this burning with antacids, the burning will stop but you will perpetuate the problem until you are a candidate for an operation. To avoid this fate, provide your stomach with what it desperately needs: hydrochloric acid with pepsin as well as acidophilus and digestive enzymes. However, don't do this unless you carefully acquaint yourself with the contraindications (e.g., don't take it if you have ulcers or take NSAIDs). Give some thought to cutting out sugar and grains, which probably caused the problem originally.

If your physician has prescribed any of the proton pump inhibitors or H₂ blockers such as Prilosec, Prevacid, Zantac, Pepcid and Tagamet, these probably won't kill you outright but please bear in mind that Propulsid did just that until it was forced off the market.

If your physician has taken the acid-suppression option instead of telling you how to heal your stomach naturally, you need to find a physician who has not been hopelessly indoctrinated by Big Pharma. He or she should have warned you that these are some of the most deadly drugs you can take.

Prilosec, for example, virtually eliminates acid in the stomach around the clock. This means that necessary assimilation does not take place, and you will slowly starve.

If you have been advised to have surgery for this easily corrected condition, ponder what Dr Joseph Mercola had to say in *Men's Journal*, December 2002: "A surgical solution should have no role in the management of this purely physiological problem, and future generations will realize how foolish our current medical model has been by trying to treat a primarily biochemical problem with surgery."

We observed amazing recoveries from this condition at Hippocrates Health Centre, merely with our detoxifying diet. There is no question that *poor diet* creates this condition. It is, therefore, *good diet* that cures it. It is as simple as that, but this self-evident truth has not trickled down into the average doctor's surgery. Here is what you can do to alleviate this condition yourself: quit poisoning your body with junk food; shun sugar; eliminate all grains until healed, and possibly permanently; take acidophilus and digestive enzymes; obtain vitamin D from the sun, food or

supplements; and drink plenty of pure water. Once your stomach is healed, start taking hydrochloric acid as directed above.

Be aware, however, that self-diagnosis is unwise. When in doubt, consult Wright and Lenard's *Why Stomach Acid Is Good For You*. It is a superb guide to getting well.

For those who wonder how it can be possible that physicians do not appear to know about this simple remedy, consider this. Big Pharma:

- earns more than US\$7 billion per year selling antacids and acid-blocking drugs;
- finances and controls the medical schools;
- has a stranglehold on regulatory agencies such as the US Food and Drug Administration (FDA) and Australia's Therapeutic Goods Administration (TGA);
- donates huge amounts of money to politicians;
- spends billions "romancing" doctors.

Need I say more?

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Detecting Nerve Blockage

During the many years that my book has been widely circulated, I have received hundreds of comments from people whose digestive and other health problems have been significantly helped by taking hydrochloric acid.

However, some have reported that they have been unable to get the diagnostic "burn signal" in the stomach, no matter how many hydrochloric acid

capsules they take. In this instance, hydrochloric acid should be discontinued until the problem has been diagnosed and rectified, and it is usually caused by nerve blockage in the spine.

There is a simple test to discover if such a blockage exists. Get a bottle of nicotinic acid (not niacin or niacinimide) from your health food store. You may have to send away for it, as this "flushing" version is not always available in Australia and other countries (email New Zealand Nutritionals at enquiries@vita-fit.nz). Then, play it safe and start with one-half tablet before breakfast. This will produce a "niacin flush" if it is your appropriate dose. If it does not, you will need to take a bit more the next morning. Once the flush starts, observe to see if the red flush extends to your toes and fingertips. If it does not, it is an indication that you have spinal nerve blockage and you will need to see a qualified chiropractor or osteopath. Dr John Whitman Ray, of Body Electronics fame, advised me that the first cervical vertebra should be adjusted first. Then, once your spinal column is properly adjusted, hydrochloric

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acid will be safe and effective, and, further, other nutrients that you ingest will be carried out to the cellular level.

To illustrate how powerful nicotinic acid is, it magnifies the effects of any drugs and supplements you are taking. You will need to watch your doses carefully. For example, many people take large amounts of magnesium to cure constipation. They soon discover, sometimes the hard way, that much less magnesium is necessary, as the nicotinic acid creates vasodilation, bringing nerve supply to the entire body, including the bowel. Bowels that have been sluggish for decades, some even from childhood, suddenly start perking up and are able to move normally without any help from

laxatives, which are the only help offered by establishment physicians. This combination is the finest cure for intractable constipation that I know about.

There are, of course, contraindications: do not take nicotinic acid if you have pending surgery, or if you have stomach ulcers, or if you have diverticulitis.

As for dosage, expert advice would be comforting, if you can find it. If not, you will need to listen to your body. Some people find that they need to have the flush every morning for a few days in order to assimilate nutrients. Others can manage on just two or three times a week.

The only hydrochloric acid that I can recommend is Hippocrates Digestive Compound (betaine hydrochloride and papain). It is not called "hydrochloric acid", due to government regulations. The health

centre is formulating it to my specifications, because, until it did so, I was unable to find an effective formula that didn't contain excipients. For more details, please visit the centre's website, <http://www.hippocrates.com.au>. ∞

About the Author:

Elaine Hollingsworth is Director of Hippocrates Health Centre of Australia, located on the Gold Coast, Queensland. A former Hollywood film and TV actress under the stage name Sara Shane, she has been a health crusader since the early 1950s. Elaine's article "Iodine: The Perfect Panacea", published in NEXUS 19/03, was extracted from her book *Take Control of Your Health and Escape the Sickness Industry* (Empowerment Press, 2012, 12th edition; see reviews in NEXUS 8/02 and 15/01).

For more information and to purchase Elaine's book, DVD and CD, visit <http://www.doctorsaredangerous.com>.