

HOW to TELL if YOU are LOW in HYDROCHLORIC ACID

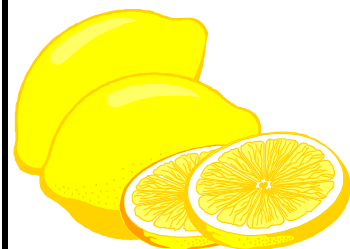
With your finger tips - find midline on your chest, the point where your bottom-most ribs start. Work your way out to the sides along the bottom rib.

Approximately one inch out from midline is the hydrochloric acid reflex. **If this area of the ribs is tender to the touch** there is a strong possibility that you do not have enough hydrochloric acid to digest your food. This is common in people over 50 and in those with allergies.

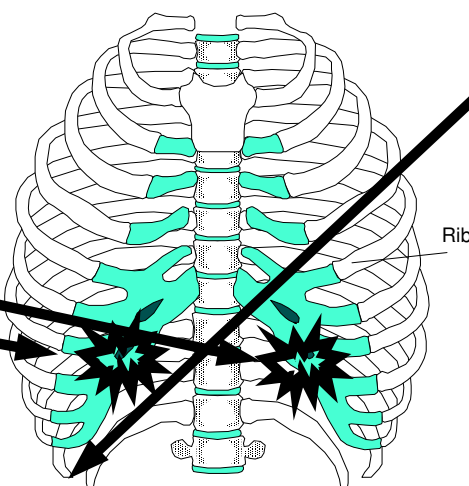
To make hydrochloric acid the body needs zinc, vitamin B1 and Vitamin B6. Without enough stomach acid we cannot absorb zinc - or iron, or magnesium or calcium. Stomach acid signals the pancreas to release

picolinate, a molecule that picks up these minerals to transport them through into the body. Selenium, molybdenum, chromium, manganese and vanadium are also assimilated this way with picolinate as well.

So **DON'T FORGET** the **LEMON JUICE**, apple cider vinegar or hydrochloric acid tablet immediately **BEFORE** you eat or take



your **SUPPLEMENTS**.



GALLBLADDER TEST

Press under the last rib on the right hand side of your body directly in line down from the nipple

If this is painful it is probably caused by "sludge" in the gall bladder. Take quarter of a cup of pure lemon juice, 2 - 3 Vit E tablets and quarter of a teaspoon of taurine every morning to clear out the gall bladder.

If stools are greasy, loose and float to the top of the toilet bowl, dietary fats are not being digested properly - ie bile is not getting thru'



Increase stomach acidity by having lemon juice, apple cider vinegar or hydrochloric acid tablets immediately before every meal.

Check your THYROID FUNCTION

THYROID

To see how your thyroid is working -* using Iodine 5%, paint a 50c piece sized spot on your leg or arm where clothes won't rub.

If stain disappears within 24 hours = short of Iodine so continue to paint every day until stain stays visible for 24 hours. Then do the test below.

COLOUR	RESULT	REASON
absorbed in 24 hours	need Iodine	underactive thyroid
stays same - yellow	Iodine OK	normal thyroid
stays for some days	excess Iodine	overactive thyroid
turns red	need selenium	chemical sensitivities
turns black	need to change diet	food sensitivities

EARLY MORNING TEMPERATE TEST

Shake down or reset your thermometer the night before and place beside the bed. As soon as you wake in the morning place it under your armpit for 10 mins without moving around. Record this, shake it down or reset again and then take your temperature under the tongue for 2 mins. and record. Do not have anything to eat or drink, or get out of bed before doing this. Don't do the test if you have a fever or after the 12th day of the menstrual cycle as this can elevate temperature.

If your temperature is consistently below 36.4° C for 4 - 7 days then your thyroid is probably underactive. (NB normal body temperature is 36.5° - 37°.) Ask your GP to test TSH, T3 & T4.

(Even if blood test is OK, if you have symptoms of low thyroid try some steps to rectify it. ie check for low Iodine, B5, B6, tyrosine, selenium and avoid soya, fluoride & cruciferous veges.)

