



LINDGREN
functional medicine

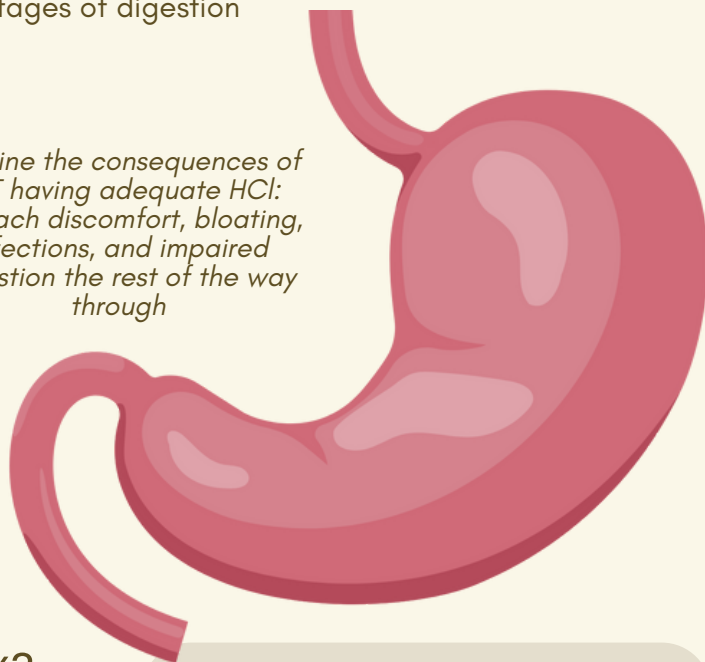
STOMACH ACID

Stomach acid (aka hydrochloric acid or HCl) is one of the most important players in the domino effect of digestion. When you eat food, this acid is produced by parietal cells that line the stomach. Beyond its role of breaking down and sterilizing the food you just ate, HCl also triggers the next stages of digestion in the small intestine.

ROLES

- activates pepsin (main enzyme in stomach)
- breaks down proteins
- kills bacteria & viruses (sterilizes food)
- stimulates hormone cascade, leading to release of bile & digestive enzymes

imagine the consequences of NOT having adequate HCl: stomach discomfort, bloating, infections, and impaired digestion the rest of the way through



WHAT ABOUT ACID REFLUX?

Acid reflux (aka heartburn or GERD) affects many people. It occurs when stomach acid/contents flow back into the esophagus, causing a burning sensation in the chest. It is often caused when the flap of tissue that controls that junction is weakened, which allows stomach acid to escape and irritate the tissue.

If you experience this, try eating smaller meals, reducing alcohol consumption, chewing food to a liquid, and minimizing water with meals.

Melatonin, d-limonene, licorice, chamomile, aloe vera, and turmeric have also been shown to relieve symptoms and promote healthy stomach function.

common reasons for this: chronic stress, poor diet, alcohol consumption, & hidden gluten intolerance

SUPPORT HEALTHY STOMACH ACID

- TASTE BITTERS
gentian, fennel, dandelion, or a tincture made from bitter herbs
- ADD ACID
sipping a bit of lemon juice or apple cider vinegar in water stimulates stomach acid production
- ENJOY ENZYME-RICH FOODS
pineapple, papaya, kiwi, kefir, yogurt, bananas, mango, miso, soy sauce & tempeh, sauerkraut & kimchi, avocado, bee pollen