



# NSIPM & Sano Wellness Center

## Why So HCL Deficient?

- **Stress:** Sympathetic overload shuts down the parasympathetic system.
- **Too much protein:** Requires greatest amount of HCL.
- **Poor eating habits:** Pit out all at once. Don't chew food well, Drink too much water / liquid during meals.
- **Lack of Thiamine / Zinc:** B1 and Zinc are both necessary for HCL production in the stomach. Zinc #1 deficient mineral.
- **Antacids:** And other prescribed medications or drugs designed to suppress stomach acid production before it even gets started!
- **Alcohol:** Robs the body's ability to make HCL.
- **Salt Free Diets:** Sodium need.
- **Aging:** Decreased HCL production.