**10 WAYS TO IMPROVE STOMACH ACID LEVELS**

BY FOLLOWING THE BELOW, YOU REDUCE STRESS ON YOUR DIGESTIVE SYSTEM AND ABSORB NUTRIENTS MORE EFFECTIVELY:

1. USE LIQUID NUTRITION THROUGHOUT THE DAY: EXAMPLE: PROTEIN SHAKES WHICH ARE VERY EASY TO DIGEST AND DO NOT DEPEND ON HCL PRODUCTION.

2 USE GINGER. GREAT FOR STIMULATING DIGESTIVE JUICES. ALSO FRESH LEMON MIXED IN WITH WARM WATER EVEN MORE BENEFICIAL. DRINK 2/3 CUPS OF GINGER TEA EACH DAY. KIMCHI GOOD TOO.

3 HYDRATE OUTSIDE OF MEAL TIMES AS THIS ACTIVATES BOWEL MOTILITY

4 DRINK VERY LITTLE WITH MEAT CONTAINING MEALS

5 HOLD OFF ON WATER UNTIL AFTER A MEAL. TO ALLOW FOR OPTIMAL DIGESTION AT LEAST 30 MINUTES AFTER A MEAL TO ENSURE PROPER STOMACH ACID ACTIVITY , STERILIZATION AND PROTEIN METABOLISM.

6 USE LEMON JUICE ON YOUR MEAT AND VEGETABLES AS HELPS TO PRE-METABOLIZE THE FOOD ALLOWING FOR BETTER DIGESTION AND NUTRIENT ABSORPTION.

7. USE FERMENTED VEGETABLES , SAUERKRAUT AND KIMCHI, WITH HEAVIER MEALS

8 FERMENTED DRINKS LIKE APPLE CIDER VINEGAR, COCONUT WATER, KEFIR AND LEMON WATER CONTAIN ORGANIC ACIDS THAT HAVE AN ANTI MICROBIAL EFFECT AND AID TO REDUCE BACTERIAL OVERLOAD EG HYPLORI IN STOMACH.

GOOD STOMACH LEVELS ARE VERY IMPORTANT FOR 1. STERILIZING OUR FOOD AS IT ENTERS THE STOMACH. 2. STIMULATES ENZYME ACTIVITY. 3. PROTEIN DIGESTION. 4. STIMULATES THE PANCREAS AND LIVER TO DELIVER BILE. 5. STIMULATES THE INTRINSIC FACTOR.