



## Introduction to the HCL Evaluation Transcript

GT5er, you have made it to Step four. This step is really, really important. Every step is really, really important. This step is all about evaluating the amount of HCL that you have to see if you need some more, and it's all about terraforming, which is going to be building your good digestive health for months to come after this. But for right now let's talk a little bit about HCL. We know that we have these cells in our stomach called parietal cells and they secrete hydrochloric acid and they also secrete something called intrinsic factor.

Intrinsic factor helps you utilize your vitamin B12. Most of you have come to us, and Jack's going to talk to you next, he really evaluated this in the assessment to see where was your level of HCL. We want to know how damaged were these parietal cells? So what we did throughout the program, is we gave them a break. We gave them a rest and now it's time for them to come back online. It's like taking a cast off. Can they walk on their own or do they need a little bit of rehabilitation? That's what we're going to find out in this step.

So when you have low stomach acid - many people have it and they don't know about and they suffer for years - you're at a higher risk of ulcers, a higher risk of stomach cancer. You're at a higher risk of SIBOs, small intestinal bacterial overgrowth, H pylori. The stomach acid is going to be your first defense, so we don't want let these food borne pathogens come into the body. So this is a really important step. I'm going to teach you how to evaluate your HCL and you're going to decide, do you replenish it with supplements or are you good to replenish it with food, because there's a couple of different ways up the same mountain.

I'm going to turn it over to Jack, and he's going to really give you a good education so you understand the whole domino effect of the upper GI tract, everything from the sinus, to the mouth, the esophagus, and the upper GI tract. So I'll see you on the other side where we're going to talk about food-based ways to boost HCL, and we're also going to talk about doing something called the HCL Challenge.