

Nutricheck



Functional Guide

Digestion

Please Note: This *Digestion Guide* is not intended to be a recommendation for self-medication, or to replace medical services.

DIGESTION

A Significant number of people have an impaired secretion of hydrochloric acid in the stomach after eating. This most commonly occurs in those who have a chronic illness or multiple food and chemical sensitivity reactions, or with advancing age.

It results in improper food digestion, especially of protein foods, and leads to a gradual lack of protein which, in turn, causes chronic tiredness and fatigue. Also, a high level of small protein fragments is produced in the intestine and this can cause immune system reactions and can interfere with nervous system function.

If you have poor hydrochloric acid secretion, as indicated by your NUTRICHECK analysis, consult your health practitioner about supplements of hydrochloric acid and pancreatic enzymes.

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