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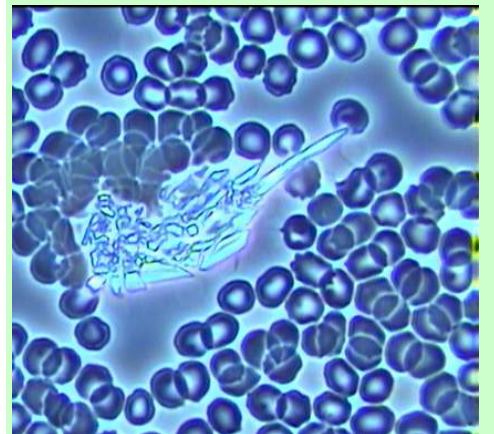
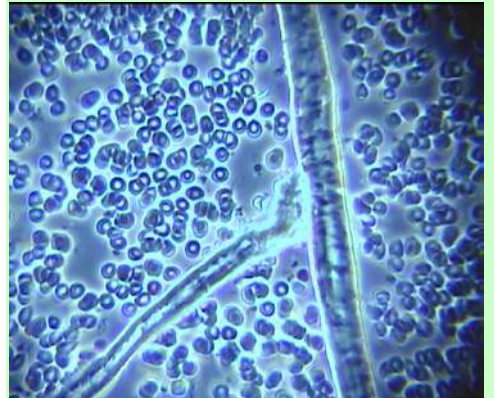
Welcome to the wonderful world of Hydrochloric acid. I have a LOVE affair with Hydrochloric acid, I almost love it more than Peter. When you read on you will see why.

My first client Tracy tells me she is such a tough case and that no other specialist has been able to crack her. Her fingers are tapping nervously on my desk (I can't help noticing how thin her nails are) as she pours out her health problems: *" I have IBS and I can't eat dairy, gluten, fruits, vegetables or anything spicy or I will suffer and have to spend 2 or 3 hours on the toilet in intense pain. I only eat rice, potatoes, chicken or fish. I am afraid of going out because I have a spastic colon and never know when it 's going to act up. I also have thyroid disease. I can't sleep at night because I have restless legs. I always feel bloated and I suffer from bladder incontinence. The pain in my body is so bad that it affects all parts of my life. I have no life really.. "* she utters as she hands me her inevitable list of medications: Nexium for acid reflux, valium, muscle relaxants, calcium for her bones, vitamin D, Synthroid for her thyroid and Vesicare for her bladder incontinence. *Hhmm, an interesting mixture* I am thinking. For starters Vesicare is contra-indicated for ulcerative colitis and there is only a thin line separation IBS from ulcerative colitis. And muscle relaxants while the action of calcium is to tense up the muscles?

First things first. *"How long have you been on Nexium?"* I ask her.

"Well, let me think, it was after the birth of my third child at age 27 that I started to suffer from unbearable stomach pains. That is about 20 years ago." she says with a sigh, looking down at her hands which are now resting in her lap. I notice white spots on her nails and make a mental note of possible zinc deficiency. I suspect her entire problem is one of extremely low stomach acid levels and feel like telling her that all she needs is to supplement with Betaine HCL: the bloating will stop, the weight will drop off and her nails, thyroid and skeleton will get stronger. Once her mineral stores become balanced her muscles will relax and she will be able to enjoy proper sleep at night. In short she will have her life back.

But at this point I can't just tell her that if she had supplemented with Betaine HCL twenty years ago she would have been able to enjoy her life instead of experiencing old age in her 40's. I want to be gentle so I start to 'build my case' by taking a droplet of blood from her finger. When we look at it under the microscope we see the following:



In the first photo we see that her red blood cells are clumping together. We also notice evidence of intestinal parasites.

In the second picture we see undigested proteins. Studying the live blood through the microscope gives us great insights into our physical and mental state. Tracy's blood confirms her poor health. Not only are her cells sticking together instead of bouncing around, her red blood cells are dying in front of our eyes and the cell membranes are warping like 3 day old balloons.

Her internal environment is being polluted from not being able to digest her foods. (Think of a car that belches out black smoke) I am not surprised that she feels terrible. What is left of her health is crumbling at a scary speed.

Thankfully our bodies are marvelous machines of regeneration. We can pick up the pieces today and have a new machine tomorrow (unlike your car which is destined for the scrap heap) but it is important that my client understands the science behind her future recovery.

Before I go into the scientific details allow me to introduce my next client Tony. His wife calls him the gas man for reasons I don't have to explain. He also suffers from bad body odour and to top it off he can't sustain an erection. I can see that his self esteem is pretty low even though he acts as if his problems are only minor. While it pays to look on the bright side (he has two children and his wife loves him through thick and thin) it is crucially important that he understands that if this goes on he too will be in serious trouble.

And last but not least there is my client Alice who has been 'alkalizing' but now she has chronic pain in the middle of her back. What all three clients have in common are critically low stomach acid levels and their bodies are letting them know in different screams of discontent. And they are not alone: an estimated 75% of Australians struggle with too little stomach acid. What do we do about it? We ignorantly chomp on ant-acids to relieve the symptoms, unwittingly reducing our stomach juices even more and inviting worse problems in our lives. Is there an intelligent solution?



Yes! Our stomach is a beast! It is so acidic that it makes car battery acid look weak. Stomach acid would burn a hole through my key board and writing desk right now if I were to spill a drop of it, but our stomach itself loves to be filled with acid. The stomach lining cells are always replacing themselves and the entire lining of the stomach is brand new roughly every 5 days. The acid is created to make short work of the food we eat by 'sterilizing it'.

Stomach acid is our first line of defense and is needed to kill disease causing bacteria, fungi, viruses, and worms in our food. When your stomach isn't working well you may get very sick from allergies and auto-immune diseases like my clients and you simply will NOT be able to regain your health without boosting your hydrochloric acid levels. Here are the most common symptoms of Hydrochloric Acid (HCL) deficiency:

- Undigested food particles in stools
- Constipation
- Diarrhea
- Acid reflux
- Bad breath
- Belching, burping or bloating after eating
- Skin blemishes or skin disorders
- Weak or brittle nails
- Candida overgrowth
- Chronic fatigue
- Adrenal fatigue
- Auto immune diseases
- Leaky gut
- Anemia
- Thyroid disease
- Asthma
- Lupus
- Hypoglycemia
- Chronic nutrient deficiencies.
- Alzheimer's

Risk factors for low stomach acids are: ageing, pregnancy, antibiotic use, STRESS, processed food, candida, prescription drugs, (iced) water or other drinks with meals, too many carbohydrates and sugars, strenuous exercise and mineral deficiency.

When I tell my first client that we can trace most of her problems back to her low hydrochloric acid levels and 20 years of Nexium she was shocked. *"But every time I go off my Nexium my reflux is so bad that I can't imagine living the rest of my life without it!"* she says in dismay. *"I thought my stomach was too acidic and burning a hole in my windpipe! That is what it felt like to me."*

I explain that too much acid in the stomach is so rare that it is almost unheard of. Instead most of us suffer from low levels and that is what causes heartburn. This is how it happens: when our stomach acid levels are normal it signals the sphincter which separates the stom-

ach from the esophagus to close tightly. When our Hydrochloric acid levels are inadequate our food isn't digested and the Esophageal Sphincter will not receive the signal to close tightly. Before we know it acid and undigested foods creep up into the esophagus, causing heart burn and indigestion.

Sometimes the partly digested food sits in the stomach for too long because the body won't allow it to enter the small intestines, knowing only too well that it is going to cause major problems further down the processing line. As it sits in the stomach longer it begins to putrefy and bubble, which causes burping and bloating. This acidic foodstuff also gets a chance to head north (causing more heartburn) instead of south. When we take ant-acids the burning symptoms are relieved but our health evaporates.

I know that in the case of my three clients supplementing with Betaine HCL will be truly life changing as it was for a previous client who told me: *'Supplementing with Betaine HCL improved my life overnight. I stopped burping after my meals and because I was less bloated I lost inches from around my waist! My digestion is stronger now than it was when I was young and my energy levels are much improved!'*

"If it is so easy why haven't I been told this before?" Tracy asks. *Is it too risky or something?"* While there are almost no risks involved in supplementing with Betaine HCL for the average person I need to be a bit cautious with Tracy because of her twenty year old history with ill health, IBS and probably the lowest levels of HCL ever. Her stomach lining might have become thinned out so she may be more sensitive to Betaine HCL than normal people.

I suggested that we restore her digestion gently with Swedish Bitters first. She needs to take a teaspoon in a tiny amount of water with each meal. Alternatively she could choose take a shot of apple cider vinegar before a meal to kick start her digestion. Swedish Bitters is a complete health tonic that helps to repair every organ attached to the digestive tract. History tells us that some people lived to well into their hundreds due to sipping Swedish Bitters every day. (It has been around for 500 years!)

She also needs to supplement with magnesium and zinc. Numerous important minerals depend on hydrochloric acid for their absorption. Chiefly: magnesium, zinc, chromium, copper, iron, manganese, molybdenum and selenium. Zinc and sodium are responsible for the production of HCL and a deficiency will cause a low stomach acid levels. It is easy to see how one problem exacerbates the other and how people become trapped in a downward spiral.

Tracy suffers from restless legs at night due to huge mineral deficiency, especially magnesium and supplementing with calcium and vitamin D made it worse because these two inhibit magnesium.

Here is what we end up agreeing on:

1. Swedish Bitters and/or apple cider vinegar as discussed
2. 1 Beetflow with every meal to restore her bile flow from the liver. I suspected that Tracy's bile flow was very impaired otherwise she wouldn't have IBS. The flow of bile is partly triggered by our HCL levels. Bile is very alkalizing and neutralizes the stomach acid, and the small intestine likes to be alkaline, in the same way that our stomach likes to be acidic.
3. A wormwood capsule every day, building up to 3 per day to kill of the parasites that had taken up residence in her insides. Parasites trigger spastic colon. It is the body's effort to expel worms and parasites.
4. 1 teaspoon of Diatomaceous earth morning and night. This powder kills parasites and absorbs toxins, which are then expelled into the toilet. This wonderful remedy is full of silica. People often experience a surge in energy once the body rids itself of parasites and the silica repairs the nails, hair and bone structure.
5. 5 drops of Iodine to support the thyroid, boost her energy and purify her blood. Every 17 minutes the entire blood volume goes through the thyroid and our iodine filters out blood born viruses and bacteria.

- 6 Magnesium in the form of Magnesium oil and Epsom salt baths for the first week and then she can switch to our Complete Magnesium supplement which will relax her muscles, her colon and restore her positive outlook on life. This powder also has a small amount of zinc in it, which will boost her stomach acid production. (to read how vitally important magnesium and zinc are revisit my previous newsletters!



- 7 A mineral solution of 1/4 of a teaspoon of Himalayan Salt per each liter of water that she drinks. Himalayan Salt is sold at the Purple House for \$7 per kilo.



- 8 Betaine HCL with every protein meal.

I explain to her that each and every meal needs a portion of protein, because proteins turn into amino acids, which her body desperately needs for repair and maintenance.

How to work out your Betaine HCL dose

Every person is different and it is a case of trial of error until you get it right. It's important that you do the trial and error otherwise you are wasting your time and money. Imagine going through hours of growing, harvesting and choosing the ingredients for your meal only for 90% to end up in the toilet undigested? So lets get your digestion fired up by doing the following:

Step 1. Eat a protein portion with every meal, preferably as much as fits in the palm of one hand. (your own hand, not your partners!)

2. Start by taking 1 pill of Betaine HCL during the beginning of the meal
3. Finish the meal as normal and observe your stomach/abdomen for changes like: hotness, burning, heaviness.
4. Stay at this dosage for another day and if you feel no changes take 2 pills with each meal the next day.
5. Keep increasing the number of pills with each meal (making sure you have proteins) until you get a warm sensation in your tummy after the meal, or even a sense of discomfort.

6. When this happens you will know your ideal Betaine HCL dosage is 1 pill less. e.g if you feel discomfort after 6 capsules then 5 pills is the proper dosage for you.

If you experience too much discomfort during this process you can mix 1/2 teaspoon of bicarbs of soda in some water. When you drink it your pain will subside . It is very common for people to stop short of their needed Betaine HCL dosage because they are nervous about taking 6 pills per meal, but there is nothing to worry about.



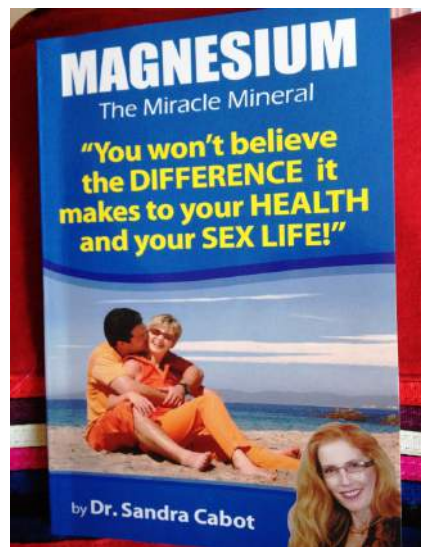
It is very common for clients to have Betaine HCL dose in the range of 3000 to 4000 mg per meal which equates to 6 to 8 of Betaine HCL tablets. Remember that your stomach requires an extremely acidic environment to make short work of what you eat. If you are only taking 1200 mg when your correct dose is 2400 you are not doing yourself any favours because every meal that you eat with low acid your stomach and entire gastro intestinal tract has to work harder than it should.

When I talk to Tony he initially can't believe that his ant-acids could have such far reaching effects as killing his sex life and is reluctant to give up his Nexium till I explain to him that he doesn't need to pussy foot around his stomach: it is like a rock crusher. It has walls that are 5mm thick with ridges on the inside that pulverize his food and that it needs lots of acid to work properly.

He really gets the picture when I explain that even his car needs acid to start. When you have a flat battery you can turn the key a 100 times, you can swear, thump and kick your car but it won't budge unless you recharge your battery. *"Have you ever charged a battery after it has lost its acidity? We all know that is no use."* I tell him.

"It takes energy to sustain an erection and that energy has to come from the nutrients from your food. You aren't getting Vitamin A which is needed for virility so you need to eat lots of organic butter for Vitamin A and D. The butter will also stimulate the liver to produce bile which will reduce your gas levels and the fats help to get rid of toxins so they don't have to come out through the skin."

I don't want to overwhelm him with information but I can't help to add that *"when you have low HCL levels you also fail to absorb Vitamin B's even when you supplement with these. Vit B3 is needed for short intense bursts of energy. Vitamin B6 aids in testosterone production and Vitamin B12 supports the normal function of nerve cells, heightens your sex drive and enhances the blood flow to your reproductive system. And finally your lack of magnesium and zinc are a recipe for bedroom disaster! In fact Dr Sandra Cabot has devoted a whole book on the subject of magnesium deficiency and low libido!"*



Tony agrees to relinquish his ant-acids and start a regime of Betaine HCL (he is a big man and I suspect he will need to take between 6 to 10 per meal initially) Beetflow, magnesium and zinc which will ensure that farts, burps and body odours will be a thing of the past. To give his hormones a shot in the arm I suggest 6 Maca tablets per day and 5 drops of Iodine. I tell him that some of my sons have the whole dropper full and they have obviously done their research!

My last client had been killing her stomach acid with expensive alkalinizing products and supplements. The concept of alkalizing is a big fad that somebody started years ago and it can be dangerous as Alice discovered. Her kidneys were hurting because she was on the verge of alkalosis. I tell her that her body is SUPPOSED TO BE ACIDIC.

Our stomach needs to be acidic to blast the nutrients from our food, our colon needs to be acidic to prevent it being taken over by moulds growing on the inside, and to protect it from bacterial infections. Our skin is also very acidic to stop moulds and fungi growing on our bodies and to prevent acne. Even our bladder needs an acid environment to prevent or cure infections (think of acidic cranberries for a bladder infection). Luckily for Alice her back pain disappeared the next day after she started her Betaine HCL regime.

My own experience with Betaine HCL was somewhat similar to Alice's. About 10 years ago I also lived under the illusion that 'alkalizing' was the key to health. How wrong I was! Finally when Peter and I went to Chicago and learnt the Biomedx protocols for metabolic testing I realized I was slowly killing my-

self. I started to supplement with Betaine HCL and I have never stopped. Does that mean that everybody needs Betaine HCL? Not really. Peter for instance always has good strong stomach acid levels, but at least 4 of our 6 children take after me and they are also the ones who used to suffer from parasites when they were little (hindsight is a wonderful thing). I in turn remember how my aunts were champion burpers. As a kid I just thought that was normal, but eventually they suffered from Alzheimer's as did my grandparents before them. Now scientists know there is a connection between Alzheimer's and low HCL levels. They say that beneficial acid-tolerant bacteria are allowed to pass through while pathogenic, disease causing microbes are killed by our stomach acid.

Our stomach generally becomes less acidic as we age, and studies have shown that seniors suffering from dementia have a greater proportion of pathogenic bacteria in their intestinal tract. **Our brain is shaped by the bacteria in our digestive tract. Our gut flora actually controls how our brain cells express genetic genes.** I certainly don't want to have microbes in my gut that will express Alzheimer genes I might have inherited from my fathers side. I also don't want to trigger my mum's genes. She died from a bowel blockage caused by cancer. I intend to take Betaine HCL for the rest of my life! When I start to burp I know that I need an extra pill and on stress free days I get by with fewer capsules. I have never suffered any discomfort from boosting my stomach acid levels. To the contrary, my digestion has never been better!

Now that we know that our stomach is a key component of our immune system, and that we will NEVER fully recover unless we have good HCL levels it is time to perform some 'gut maintenance' that will lessen our chances of becoming sick. As well as the above recommendations, eating homemade sauerkraut and kefir with each meal is another way to heal your stomach and boost your good bacteria. Book in for one of our fearless fermenting workshops!

Live blood microscopy session \$150

Full Health Analysis/ Biomedx session works out your specific metabolic needs: \$300 **Till next time Grada**