

HCL-Ease: Esophageal Support

"This could be your ace in the hole for tough GERD cases."

If the number one over-the-counter medication sold today is for GERD, that means your patients are suffering from digestive problems whether you are addressing it or not.

We've covered material on this topic in the past but there is a new product from Biotics Research called HCL-Ease that could be your ace in the hole for tough GERD cases. In fact, I start with HCL-Ease now and if I don't see results in two weeks I use the other products we've discussed as support. Remember, nothing works for everyone all of the time.

Let's consider PPIs, proton pump inhibitors. As you know, they were designed to be used for 8 weeks while the cause of inflammation and gastric distress was discovered and treated. People are now taking these powerful drugs as if they were vitamins for years.

Long term use of PPIs create mineral deficiencies particularly calcium and magnesium.



B12 has also been shown to be reduced in these patients but that could also be a result of the reflux and not the medication.

Long term use of proton pump inhibitors can also affect the bicarbonate buffering system and add to systemic acidosis, a major player in chronic illness.

HCL-Ease was developed by Dr. Gary Lasneski and has been used in his practice for the last 2 years. He wanted to create a distinct formula that would temporarily reduce acid production, but still allow

amino acid breakdown, while reducing gastric inflammation.

The first step was to reduce the inflammation of the mucus lining. If the mucus lining is inflamed the cells can't protect the tissue from HCL. Part of that process was to supply ingredients that would enhance the formation of healthy mucus. Mucus is a critical component to protect tissues. To accomplish these goals HCL-Ease contains the botanicals meadowsweet, okra, eyebright, marshmallow and plantago asiatica.

You can view a webinar where he presents a detailed rationale for the ingredients and 12 clinical case studies.

What is interesting to me is that Dr. Lasneski is one of the top clinicians in the country and yet he was still struggling with many of these case studies until he achieved healing in the GI tract. And it was not until he added HCL-Ease that he was able to achieve a full recovery with these difficult cases.

Here are some highlights from his webinar. In reflux cases Dr. Lasneski found that most of the cases resolved quickly, partial relief coming in 24-48 hours and the peak affect after 2-3 months. Unlike PPIs, in most cases the product can be reduced and ultimately eliminated.

Colitis cases took much longer to heal, generally 4-6 weeks, and some patients needed a longer therapeutic program.

If patients are already on PPIs, they can still take HCL-Ease allowing the stomach to heal naturally for a week or two before they start to wean themselves off their medication.

Another application is for that patient who has mild reflux and knows when they eat a certain food they will get symptoms. If HCL-Ease is taken 20 minutes before the offending food is eaten the reaction can often be avoided. And if the preventative dose is forgotten and reflux ensues, 3 capsules will generally reduce the irritation in 30 minutes.

There are a few caveats when using HCL-Ease. Some people react to tannins such as coffee, tea or even blueberries. Since HCL-Ease is so high in tannins it may cause a temporary skin rash. Also people sensitive to salicylates or who are pregnant or lactating

should not take the product. Some of the literature suggests that constipation may be an issue with some of the botanicals, so to be on the safe side. If constipation is an issue, titrate the dose to the desired level.

Dr. Lasneski has also found a few autoimmune cases where HCL-Ease did not work. He found those individuals needed botanicals that would cool or down regulate the immune system. A brief trial will not hurt them; but if you don't see results in 3-4 weeks, readjust your therapies to address the underlying autoimmune issues.

The therapeutic dose for HCL-Ease is 3 capsules, twice a day between meals. If night time reflux is an issue, take 3 capsules, one hour before bed. If reflux happens mid-afternoon, take 3 capsules, 1 hour after lunch.

You can click below to see an excellent article by Dr. Rachel Olivier which gives a detailed discussion of the herbs.

Of course we want to eliminate the dietary factors that exacerbate GERD: coffee, food allergens, gluten and refined carbohydrates.

Finally make sure toothpastes are free of sodium lauryl sulfate and fluorides as both tend to aggravate the stomach lining. Fluoride rinses can also cause tissue irritation. Sometimes eliminating these alone can stop GERD.

Ask questions, you will be surprised by how many of your patients and their family members are taking PPIs.

Now you have a new strategy for healing.

Thanks for reading this week's edition. I'll see you next Tuesday.