



Treatment of low stomach acidity:

- Squeezed cabbage juice-can help with ulcers and inflammation. Helps to rehabilitate the stomach lining and intestines.
- Mucous foods: chia in water, aloe vera, okra...
- Himalayan salt or good quality sea salt - full of minerals. Most of all we need Chloride to have more hydrochloric acid.
- Avoid allergenic foods for a season (e.g. peanuts).
- Avoid sugars and processed foods
- Apple cider vinegar
- Umeboshi
- Swedish Bitter
- Less stress - practising relaxation