

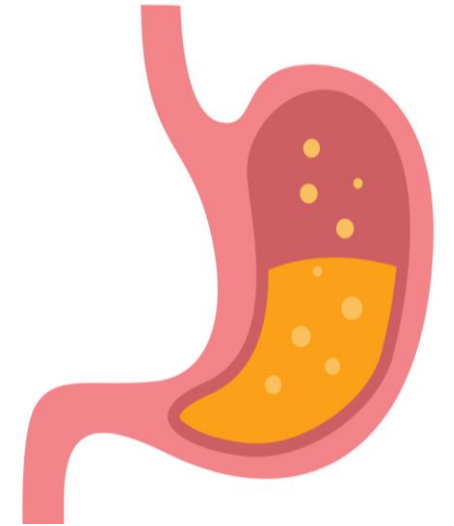
TITLE: HOW FOODS AFFECT STOMACH ACIDITY

Title: How Foods Affect Stomach Acidity

Subtitle: A Guide to Understanding Your Diet and Digestion

Presented by: www.aihealthInsight.org

Article Link: <https://aihealthinsight.org/the-stomach-ph/>



TITLE: WHY STOMACH ACIDITY MATTERS

Content:

- Stomach acidity is essential for digestion.
 - It helps break down food, especially **proteins** and **fats**.
 - Managing acidity can help with digestive issues like acid reflux.
 - Killing incoming pathogens with food
 - Activate the enzymes to convert B12 to active B12 (intrinsic factor)
 - Activate the cutting instrument (pepsinogen) for the uncoiled protein (pepsin) to start to cut the chains.
 - Activates the **GLP1** and **GIP, CCK**, via the hormonal pathway.
 - Locks up the upper and lower (splinter) to protect the leakage of acid from the stomach.
 - The extraction of minerals is because of the acids – wastage of supplements is happening due to low acidity.



HIGH-INTENSITY ACID RELEASE

Title: Protein-Rich Foods (Low carbs with the protein)

Content:

- **What Happens:** Proteins trigger a **quick and strong increase** in stomach acid.
- **Why It Matters:** Helps break down protein for digestion.
- **Examples:** Meat, eggs, fish, dairy.
- **So what's about plant protein** e.g. Quinoa, rice, and lentils, tofu, soya, beans, peas, etc. (Think about their Carbohydrate quantity).
- *Fermented plants will be better performers due to their lower glucose load because the fermentation process changed the glucose and sugars into acid and other substrates. **This is what the animals (ruminants are doing for us naturally).***



SUSTAINED ACID RELEASE - FATS

- **Title:** Fats another great trigger for GLP1 and GIP and off course CCK.
- **What Happens:** Fats cause a **slower but longer-lasting** acid release.
- **Why It Matters:** Supports the digestion of fats over time.
- **Examples:** Oils, butter, fatty cuts of meat.

You are advised by many to ensure you get good fats in your diet, a good reason will be because the fats will not only trigger the acidic production but it will keep it flowing longer than pure lean meats, thus the combination of the fats and lean protein is important.

- **Lesson for Plant eater and protein shaker drinkers – get fats involved in your mixtures, even if it is the avocado oils, coconut oils, butter etc.**



MILD ACID RELEASE (CARBOHYDRATES)

- **Mild Acid Release**
- **Title:** Carbohydrates
Content:
- **What Happens:** Carbs lead to a **mild and short-lived** increase in acidity.
- **Why It Matters:** They require less acid for digestion.
- **Examples:** Bread, rice, pasta, fruits.
- Carbs has to be sanitized in the stomach as all other thing that need to pass there in, as it digestion is in the small intestine, thus it trigger little acidity to allow it to pass through (10 to 30 minutes) in case of liquid glucose drink (yes, fruit juices etc.) even faster release down to the small intestine. Triggering mainly the pancreases to crease amylase and insulin. Carbs will pull to leave the stomach quickly, thus the idea of having **undigested insoluble fiber** to irritate the stomach lining is an idea that some has place as a good practice, because the irritation of the stomach lining cause acid to flow. (why would that be good, poking your skin with a needle).
- The other fiber, that is the liquid jelly like (soluble fiber) I have not see the effect on the stomach acidity yet.



DIRECT ACIDIC IMPACT

- **Title:** Acidic Foods

- Content:**

- **What Happens:** Acidic foods directly lower stomach pH.
- **Why It Matters:** Immediate but short-term effect.
- **Examples:** Citrus fruits, vinegar, tomatoes, supplements such as Betaine HCL.
- Sometime you have some troubles here and will need to help the stomach become acidic, that is when you are eating high protein/fats diet, you need the acidity more than ever to confirm the digestive process. **Short term these may be useful.**
- **But remember that you need to repair the Damage you cause to get the stomach to do it job!!**



BUFFERING AND LATER INCREASE: DAIRY PRODUCTS

- **Title:** Dairy Products
- **Content:**
 - **What Happens:** Dairy buffers acid first, then increases acidity later.
 - **Why It Matters:** Can soothe acid temporarily but might increase it later.
 - **Examples:** Milk, yogurt, cheese.
- So this is why we should try to get these foods not with our main meal such as the steak and eggs main course. The milk or calcium from these products will lower the acidity for sometime. You will want to have these as you mid in between . When you know that you meat and fat has gotten a good 2 or 3 hours in the acidic stomach.



KEY TAKEAWAYS

Content:

- **Proteins:** Quick, strong acid increase—great for digestion. (**Triggers GLP-1 activation, GIP Activation, CCK Activation, others**)
- **Fats:** Slow, prolonged acid release—supports fat digestion. (**Triggers GLP-1 activation, GIP Activation, CCK Activation, others**)
- **Carbs:** Mild, short-term effect—not much acid needed. (**little triggers for the GLP-1, GIP, CCK, maybe no CCK triggering**)
- **Acidic Foods:** Immediate pH drop, short-lived.
- **Dairy:** Buffers first, then increases acidity.



APPLICATION

Content:

- **Proteins and Fats:** have them for the main meal and reduce or avoid the other substances such as carbs, dairy to ensure that the best of the acidity is created to adequately digest and trigger the related hormones for digestion and feeding control.
- **Carbs:** Most plants are loaded with glucose and thus the consumption of carbs with or without meats/fats will almost drag the chyme out of the stomach. Thus include as much fats as you can with carbs, but what is the need for this?
- **Acidic Foods:** Immediate pH drop, short-lived. Supplements may be required to help acidity until the stomach can be restored to do its job. The older you get, the more you should focus on protein and fats to keep acidic flowing. Start to avoid carbs as they cause lead to lower acidity, and provide the substrate for bacterial overgrowth in the stomach itself (*H. pylori*)
- **Dairy:** Buffers first, then increases acidity. (Know when to use this, if you have upset stomach, can be a short term remedy. If you want to enjoy these things know what it is doing and keep it away from your main (protein/fats) meal.)

