



## Stomach Acid Test

**Test to see if your stomach acid may be too high or too low.**

- Mix ¼ teaspoon of baking soda in 4 – 6 ounces of cold water first thing in the morning BEFORE eating or drinking anything.
2. Drink the baking soda solution.
3. Time how long it takes you to belch.
- Time up to five minutes. If you have not belched within five minutes, stop timing.
- In theory, if your stomach is producing adequate amounts of stomach acid you'll likely belch within 2 – 3 minutes.
- Early & repeated belching may be due to excessive stomach acid (but don't confuse these burps with small little burps from swallowing air when drinking the solution).
- Any belching after 3 minutes indicates a low acid level.

Because the time frames can vary person-to-person, as well as how they drink the solutions, this test is only a good indicator that you might want to do more testing to determine your stomach acid.