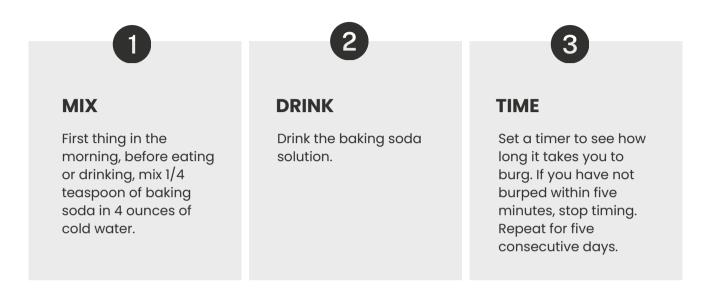
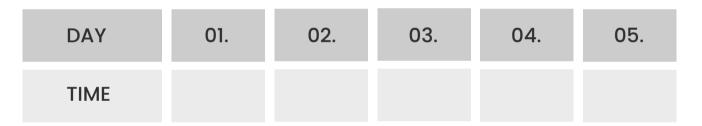
baking soda stomach acid test

a simple way to test stomach acid levels naturally





AVERAGE TIME OVER FIVE DAYS

In theory, if your stomach is producing adequate amounts of stomach acid you'll likely burp within two to three minutes. Any burping after three minutes may indicate a low stomach acid level.

Low stomach acid causes the entire digestive system to dysfunction since your body cannot properly break down food without enough acid. Learn how to increase stomach acid production naturally - and optimize digestive function to feel and look your best - in our signature course **Bye Bye Bloat: From Bloated to Energized in 12 Weeks.**