

baking soda stomach acid test

a simple way to test stomach acid levels naturally

1

MIX

First thing in the morning, before eating or drinking, mix 1/4 teaspoon of baking soda in 4 ounces of cold water.

2

DRINK

Drink the baking soda solution.

3

TIME

Set a timer to see how long it takes you to burp. If you have not burped within five minutes, stop timing. Repeat for five consecutive days.

DAY

01.

02.

03.

04.

05.

TIME

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 Bloating to Energized in 12 Weeks.**