

baking soda test

for stomach acidity

- 1) Perform this test first thing in the morning before eating or drinking anything
- 2) Dissolve 1/4 teaspoon of baking soda in an 8 ounce glass of cold water
- 3) Drink the solution and immediately start timing
- 4) Record the amount of time that it takes for you to burp (if it takes longer than 5 minutes, stop timing)
- 5) Perform this test for 5 or more days in a row at the same time each day

Less than 2 minutes to burp: indicates normal stomach acidity

2 to 5 minutes: indicates low-normal acidity

More than 5 minutes: indicates low acidity (possible hypochlorhydria)

DAY	TIME UNTIL FIRST BURP
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	