

# STOMACH ACID TESTING

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## TEST #1:

This test can be used as an indicator for low stomach acid. Symptoms of low stomach acid include: bloating after food, flatulence, acid reflux and a burning sensation in the stomach to name a few. Stomach acid is an important part of digestion and in destroying pathogens.

### **Directions:**

- Test must be done on an empty stomach preferably in the morning before eating anything
- You should also do this for three mornings in a row to get a more accurate reading.
- Dilute ½ a teaspoon of baking soda/bicarbonate of soda in 2 ounces of water
- Drink solution and start timing
- Record the amount of time it takes for you to first belch.

### **Symptoms experienced and results:**

**Belching within 2-3 minutes.** If your stomach is producing adequate amounts of hydrochloric acid you should probably belch within two to three minutes. Belching results from the acid and baking soda reacting to form carbon dioxide gas. Early and repeated belching may be due to excessive stomach acid.

**No belching within 5 minutes.** Indicates that you likely have low stomach acid.

## TEST #2:

The most reliable test you can do at home is the Betaine HCL challenge test. This test can be performed safely if you follow the directions below.

Note: NSAIDs and Corticosteroids increase the chances of ulcers in the stomach and together with Betaine HCL increase the risk of gastritis. Consult a physician before trying this test or supplementing.

Each case of low stomach acid is unique and will require a custom dosage of HCL. But one way you can find out if you have low stomach acid is by using Betaine HCL supplements. Dr. Jonathan Wright suggests using (1) 650mg or less pill that includes Pepsin.

### **Directions**

- Buy some [Betaine HCL](#) with pepsin
- Eat a high protein meal of at least 6 ounces of meat
- In the middle of the meal take 1 Betaine HCL pill
- Finish your meal as normal and pay attention to your body
- There's really only 2 outcomes from this test

***Symptoms experienced and results:***

The first is that you won't notice anything. As you go about your normal life after the meal nothing will change. This means it is very likely you have low stomach acid levels.

If as you go about your normal life and start to feel stomach distress characterized as heaviness, burning, or hotness – then these are signs that you don't have low acid levels.

This test isn't completely fool proof either and should be repeated at least one more time on a different day to confirm the first test. One of the biggest causes of false test results is the amount of protein eaten at the meal, so make sure to eat a chunk of meat with the test. If you do get some burning, don't worry it will pass in about an hour. You can also mix up a ½ teaspoon of baking soda and drink it to help stop the discomfort.