

## Baking Soda Test for Stomach Acidity

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This is a fairly simple test to get an approximation of your stomach's acidity so that it can be best treated.

Often heartburn is treated as a condition of high stomach acidity (hyperchlorhydria), but it can also result when the stomach does not produce enough acid (hypochlorhydria). Improperly treated, generally by medication that lessens acid production in the stomach, the cause of the problem worsens, and the stomach produces even less acid.

Stomach acid production commonly decreases with age, and can lead to many problems other than heartburn. Hypochlorhydria can cause gas, bloating, diarrhea, malabsorption of nutrients, iron-deficiency anemia, dry and thin skin and hair, acne, dysbiosis (the improper balance of gut bacteria), allergies, chronic fatigue, a weakened immune system and can aggravate arthritis and other inflammatory conditions.

Your stomach produces hydrochloric acid, which is involved in digesting your food. The baking soda solution you will be drinking reacts with the acid to produce carbon dioxide gas. The amount of gas produced depends upon the quantity of acid contained in your stomach.

Carry out the following steps to determine your stomach's acidity:

1. **Perform this test first thing in the morning on an empty stomach (before eating or drinking)**
2. **Dissolve ¼ teaspoon of baking soda into an 8 oz glass of cold water**
3. **Drink the solution and start timing**
4. **Record the time until you first burp up gas**
5. **Perform this test for 5 consecutive days (or longer) at the same time each day to give a better estimation of your stomach's acidity**

Day	Time Until First Burp
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

< 2 min: indicates normal acidity  
 2-5 min: low-normal acidity  
 > 5 min: possible hypochlorhydria

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