



# 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 and 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 acid level. Learn how to increase stomach acid production naturally by visiting [this post](#).*

LOVELEAF.CO.COM