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# Understanding Your Stomach Acid Levels: The Baking Soda Test

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One of the easiest and most inexpensive ways to gain insight into your stomach acid levels is by taking the baking soda stomach acid test. This simple at-home test can help you determine whether you have sufficient stomach acid, which is crucial for healthy digestion. In this post, you'll learn how to perform the test, its significance, and what steps to take if you suspect low stomach acid.

## Why Stomach Acid Is Important

Digestive health is paramount for overall wellness. It plays a crucial role in addressing various health issues, including those that may seem unrelated, such as acne and hormonal imbalances.

Effective digestion is essential; without it, food and lifestyle changes won't yield significant benefits. In fact, most people don't realize that insufficient stomach acid is more common than overproduction. According to Dr. Jonathan Wright, an expert in digestive health, approximately 90% of Americans may have low stomach acid.

Stomach acid, or hydrochloric acid (HCl), is vital for breaking down food, absorbing nutrients, and defending against harmful pathogens. Factors such as stress, a diet high in

processed carbohydrates, nutrient deficiencies, allergies, and excessive alcohol consumption can inhibit stomach acid production.

## Symptoms of Low Stomach Acid

Low stomach acid, known as hypochlorhydria, can lead to a myriad of health problems. Without adequate HCl, your body struggles to:

- Defend against harmful microorganisms
- Properly digest food, leading to issues such as acid reflux
- Prevent food from fermenting and causing digestive distress

The symptoms of low stomach acid might include:

- Heartburn or indigestion
- Bloating, cramping, and gas
- Constipation or diarrhea
- Food sensitivities or allergies
- Dry skin or hair and brittle nails
- Hair loss in women
- Chronic fatigue
- Autoimmune issues
- Gut problems like IBS

## How the Baking Soda Stomach Acid Test Works

When you consume baking soda (sodium bicarbonate), it reacts with stomach acid (hydrochloric acid) to produce carbon dioxide gas, which causes burping.

A quicker response indicates a healthy level of stomach acid, while delayed burping may suggest lower levels.



## Conducting the Baking Soda Stomach Acid Test

To perform the test, follow these steps:

### 1. Preparation:

- Fast for at least 2 hours before taking the test, ideally performing it first thing in the morning.

### 2. Ingredients:

- Mix 1/4 teaspoon of baking soda in 4 ounces of cold water.

### 3. Testing:

- Drink the baking soda solution quickly.  
- Set a timer and monitor how long it takes to burp. If you have not burped within five minutes, stop timing.

### Interpretation of Results

- **Burp within 2-3 minutes:** Indicates adequate stomach acid levels.  
- **Burp after 3 minutes or not at all:** May suggest low stomach acid, warranting further investigation.

To increase the reliability of your results, consider taking the test for at least three (ideally five) consecutive mornings.

## Is the Baking Soda Stomach Acid Test Accurate?

While this test provides useful insights into your stomach acid levels, it's not a definitive diagnostic tool. Many variables can affect the outcome, so view it as a preliminary check. For a complete evaluation, consult with a healthcare professional.

## What to Do If You Think You Have Low Stomach Acid

If you suspect low stomach acid, several natural approaches can help enhance production:

**1. Lemon Water:** Start your day with warm or room temperature lemon water (squeeze 1/2-1 organic lemon into a glass of water) to stimulate acid production.

**2. Apple Cider Vinegar:** A capful of raw, unfiltered apple cider vinegar in water can also support gastric acidity.

**3. Digestive Bitters:** Consider taking digestive bitters, which are made from bitter herbs and can naturally enhance HCl secretion. The tongue has bitter taste receptors, so the taste of bitter foods will stimulate HCl production. These foods include [Apple cider vinegar](#), Artichoke, Arugula, [Bitter melon](#), Broccoli rabe, Brussels sprouts, Chicory, Coffee, [Cranberries](#), Dandelion greens, Dark chocolate, Dill, Eggplant, Endives, Ginger, Grapefruit, [Kale](#), Mint, Rucket, Saffron and [Sesame seeds](#). [Bitter foods](#)  
- Take [Organic Swedish Bitter](#) as directed before meals. You can learn to make your own or try a commercial brand like Urban Moonshine.

**4. Betaine HCl:** This naturally occurring compound derived from beets can boost stomach acid levels. However, it's best to work with a healthcare professional to ensure safety and appropriate dosage, especially if you have pre-existing conditions like ulcers or gastric inflammation.



**5. CDS:** Consider taking CDS 10 ml in 1L water as per Andreas Kalcker's recommendations. New research is showing that CDS supports the parietal cells and HCL production.

## Conclusion

Understanding and optimizing your stomach acid levels can significantly benefit your digestive health and overall well-being. If you experience persistent symptoms associated with low stomach acid, consult a healthcare provider for personalized guidance.

By taking charge of your digestive health, you'll be better equipped to make effective dietary and lifestyle changes that enhance your well-being.

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