

Baking Soda Test

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 $\frac{1}{4}$ 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.

Perform this test for four 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	

Interpreting your results:

- 2 minutes: indicates normal acidity
- 2-3 minutes: indicates low-normal acidity
- 3 minutes or more: possible hypochlorhydria