

Simple Tests to Determine HCl Levels & Transit Times

These tests may help determine your overall digestive function and to see if you have enough HCl levels in your stomach. If you have a stomach ache, try the lemon juice test first. If not, then try the Baking Soda test.

Do not perform any of the HCl tests if you are taking anti-inflammatory drugs or NSAIDs.

BAKING SODA TEST

The purpose of this test is to give you a rough indication as to whether your stomach is producing adequate amounts of hydrochloric acid (HCl)

To perform this test: mix one quarter teaspoon of baking soda (aluminum-free) in eight ounces of room temperature water, first thing in the morning, before eating or drinking anything. Drink the baking soda solution. Time how long it takes to belch. If your stomach is producing adequate amounts of HCl, you should have burped within 2-3 minutes. Early (before 2-3 minutes) and repeated belching may be due to excessive stomach acid. Belching results from the acid and baking soda reacting together and forming carbon dioxide gas.

LEMON JUICE TEST

- When you have stomach pain, take 1 Tbsp of fresh lemon juice. If the pain goes away, you may have too little stomach acid. If it makes your symptoms worse, then you may have too much stomach acid.
- If you crave sour foods, such as citrus, grapefruit juice and sauerkraut, then you *may* have too little HCL. If you do not like acid foods, then you *may* have too much HCl.

TRANSIT TIME TEST

How fast/slow is your digestive system? After your regular bowel movement, swallow 1 Tbsp of sunflower seeds or sesame seeds whole. Note the time. Then check your stools to see when they will appear. Note the time. The difference between the two is your transit time. A normal transit time is between 18-24 hours.

References:

1. <https://branchbasics.com/ways-to-increase-stomach-acid-production/>
2. <https://draxe.com/low-stomach-acid/>
3. <http://www.healthnutnation.com/2013/11/07/10-ways-naturally-stimulate-digestive-fire/>