

The Stomach Acid Guide

Is low stomach acid contributing to your digestive problems, low energy and gallstones?
Take the quiz and find out!

The Guide Includes:

- The Stomach Acid Quiz
- The Stomach Acid Testing Guide
- Solutions for Low Stomach Acid

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THE STOMACH ACID QUIZ

Most people don't realize that a host of chronic health issues have been linked to low stomach acid production. Some are obvious, such as acid reflux and GERD (yes, these are actually caused by low stomach acid, and not overproduction of stomach acid, as many people believe). Other health issues that stem from low stomach acid may not be so obvious- from joint pain and fatigue, to autoimmunity and gallbladder disease. Stomach acid is critical for good health. Take the quiz to find out if low stomach acid may be a problem for you.

- I frequently experience gas, belching, bloating, abdominal pain or cramping
- I have food intolerances and/or I notice digestive symptoms after eating certain foods
- I experience heartburn, acid reflux and/or GERD
- I struggle with fatigue on a daily basis
- I have thin, dry hair (women only)
- I have weak, brittle nails
- I have skin issues such as rosacea, eczema or unexplained rashes
- I have been diagnosed with an autoimmune condition such as Hashimoto's, Crohn's disease or fibromyalgia
- I have gallbladder problems, including gallstones and gallbladder attacks.

If you answered yes to three or more items above, you likely have low stomach acidity. Continue reading to learn how to test your level of stomach acid and how to improve it.



TESTING FOR LOW STOMACH ACID

There are a few different tests that can confirm whether or not you have low stomach acid. My favorite is the HCl test since it is inexpensive and can quickly tell you whether or not your stomach is producing insufficient acid.

The Heidelberg Stomach Acid Test:

While this test is considered the gold standard in testing stomach acid levels, it is also expensive and not usually covered by insurance. The test involves swallowing a small capsule that contains a radio transmitter which records stomach acid levels as you drink a solution of sodium bicarbonate.

Sodium Bicarbonate Test:

This test should be conducted on an empty stomach. Stir a spoonful of sodium bicarbonate (common baking soda) into an 8 oz glass of water. Take a moment to think about your next meal, stimulating your digestive response. Drink the entire contents of the glass of water and wait 10 to 15 minutes. If stomach acid is present in the stomach, you will notice belching as the sodium bicarbonate reacts with the stomach acid. No belching? It's a safe bet that you have insufficient stomach acid.

HCl Test:

This test involves using supplemental HCl to determine your level of stomach acidity. To start the test, begin by eating a high protein meal. A few minutes into the meal, take one capsule of HCl and finish your meal. If you notice a burning sensation in your stomach, you likely have sufficient stomach acid.

However, if you don't notice any symptoms, you will repeat the test at another meal, this time taking two HCl capsules with your meal. Continue this procedure until you notice a burning sensation, indicating you've reached a sufficient level of stomach acid. The more HCl tablets you take before feeling a burning sensation, the less stomach acid you are producing. Don't go over 8 HCl capsules at a time.



IMPROVING YOUR STOMACH ACID

The following methods can improve stomach acid production.

Improve Digestion:

Digestion begins before you take your first bite of food. Stomach acid production is stimulated by the vagus nerve when we take the time to enjoy our food and eat in a relaxed environment. Before eating, take a moment to relax, enjoy the sight and smells of your food and express gratitude for your meal.

Apple Cider Vinegar

Taking a tablespoon of raw apple cider vinegar in warm water ten to fifteen minutes before a meal can help stimulate stomach acid production. Lemon juice can also be used the same way.

Betaine with Pepsin

Betaine with Pepsin will help supplement your stomach acid production. This supplement contains both HCl (stomach acid) and Pepsin, the enzyme responsible for protein digestion in the stomach. I recommend [this brand](#).

Eliminate Infections

Certain types of gut infections can suppress the production of stomach acid. If you have digestive issues and don't respond well to the other suggestions for improving low stomach acid, you may want to consider being tested for gut infections such as *H. pylori*.



WORK WITH ME

Troubleshooting your digestion and creating great health can be like trying to solve a thousand piece jigsaw puzzle- **without the picture on the box to guide you.** If you' are ready to take the guesswork out of regaining your health, I'm here to help. I specialize in detoxification, gallbladder and digestive health, and hormone imbalance. I'd love to help you!



Michelle Brown, CTNC



To schedule a free 20 minute discovery call to find out how I can help you, [click here.](#)

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