



The Super Simple At-Home

# STOMACH ACID TEST

That Could Reveal The Cause Of Your Bloating,  
Stomach Pain Or Nutritional Deficiencies



Dr Janelle Sinclair

[www.drjanellesinclair.com](http://www.drjanellesinclair.com)

# STOMACH ACID TEST

## Directions, Interpretation & Treatment Recommendations

Stomach acid helps to break down proteins to amino acids, protects against pathogens and supports absorption of some key minerals and nutrients. If a person has low stomach acid levels (hypochlorhydria) they may experience digestive issues, nutritional deficiencies, and gastrointestinal infections.

### Directions

1. Mix one quarter teaspoon of baking soda in 1 cup of water, first thing in the morning, before eating or drinking anything except water
2. Drink the baking soda solution
3. Time how long it takes to belch (burp). Time up to five minutes. If you have not belched within five minutes stop timing anyway.
4. Belching results from the acid and baking soda reacting to form carbon dioxide gas.

### Results & Interpretation

- Belching after 3 minutes or more – you have low amounts of stomach acid
- Belching within 3 minutes – you have adequate amounts of stomach acid

### Treatment Recommendations

If you have low amounts of stomach acid consider either of the following options:

- Take a betaine hydrochloride supplement with each meal to support stomach acid levels and digestion (most high recommended option)
- Take 1 tablespoon of apple cider vinegar (in a glass of water) with all meals.

## Are you concerned that your **poor gut health** is affecting your **mental health**?

Then you need to check out Dr Janelle's [online course Real Relief Foundations](#). It provides a comprehensive approach to resolving depression and anxiety including a whole module on gut health. Learn what to eat, what foods to avoid, what tests to do, what supplements to take (including dosages) and lifestyle changes to improve your gut and your mental health.

# NEED REAL RELIEF FROM DEPRESSION & ANXIETY?

Not sure how to get started? Follow these steps.

## STEP 1: DOWNLOAD THE FREE REPORT



7 secret causes of depression & anxiety  
[www.drjanellesinclair.com/checklist](http://www.drjanellesinclair.com/checklist)

## STEP 2: WATCH THE WEBCLASS



[www.drjanellesinclair.com/webclass](http://www.drjanellesinclair.com/webclass)

## STEP 3: JOIN THE ONLINE COURSE



*Real Relief*  
**FOUNDATIONS**

[www.drjanellesinclair.com/ecourse](http://www.drjanellesinclair.com/ecourse)

## STEP 4: HAVE A CONSULTATION WITH DR JANELLE



[www.drjanellesinclair.com/consulting](http://www.drjanellesinclair.com/consulting)

**Have a Question or Need Help?**

Email our support desk at: [info@drjanellesinclair.com](mailto:info@drjanellesinclair.com)