

Stomach Acid Test

We recommend you follow the Stomach Acid test outlines here:

Quote from '3 Tests for Low Stomach Acid website': (<https://healthygut.com/3-tests-for-low-stomach-acid/>)

“Betaine HCL Challenge Test for Low Stomach Acid

The most reliable test you can perform at home is the Betaine HCL challenge test. In fact, if you do enough searching on the web, you'll find several health websites who will try to sell you a kit to perform the steps below (don't fall for this, duh). This test can be performed safely, if you follow the directions below. It will cost you around \$20 or less to do this test.

Note: NSAIDs and Corticosteroids increase the chances of ulcers in the stomach and, together with Betaine HCL, increase the risk of gastritis. Consult a physician before trying this test or supplementing.

Each case of low stomach acid is unique and will require a custom dosage of HCL. But one way you can find out if you have low stomach acid is by using Betaine HCL supplements. Dr. Jonathan Wright suggests using (1) 650mg or less pill that includes Pepsin.

To Perform the Test, Do the Following:

1. Buy some Betaine HCL with pepsin
2. Eat a high protein meal of at least 6 ounces of meat
3. In the middle of the meal, take 1 Betaine HCL pill
4. Finish your meal as normal and pay attention to your body

There's really only 2 outcomes from this test:

1. The first is that you won't notice anything. As you go about your normal life after the meal, nothing will change. This means it is very likely you have low stomach acid levels.
2. If, as you go about your normal life, you start to feel stomach distress characterized as heaviness, burning, or hotness – then these are signs that you don't have low acid levels.

This test isn't completely foolproof either and should be repeated at least one more time on a different day to confirm the first test. One of the biggest causes of false test results is the amount of protein eaten at the meal, so make sure to eat a chunk of meat with the test. If you do get some burning, don't worry it will pass in about an hour. You can also mix up a ½ teaspoon of baking soda and drink it to help stop the discomfort.

After getting 2 positive tests, it is time to start supplementing with Betaine HCL to get your stomach acid levels where they need to be for good digestion.”

To do this stomach acid test it's advised you eat 6 ounces of protein in your meal. So we recommend you eat your mega salad first and then eat 6 ounces of your choice of protein. You can do this for lunch and dinner.

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And then if you have low stomach acid, we recommend following this information from Chris Kresser: (quote from this article <https://chriskresser.com/how-to-cure-gerd-without-medication/>)

“Here’s Chris Kresser’s General Protocol:

- Take one 650 mg capsule of HCl with pepsin at the beginning of each meal
- After two or three days, increase to two capsules each meal
- After two more days, increase your dosage to three capsules
- Keep increasing until you feel a slight burning sensation (or until you reach five or six capsules; I don’t suggest taking more than this)
- Dial back your dose by one capsule

One word of caution: never take HCl concurrently with any anti-inflammatory medication. The combination can damage the GI lining and increase the risk of gastric bleeding or ulcer.”

End of quotes from above websites regarding low stomach acid.

WARNING: Do not take HCl if you are currently taking any anti-inflammatory drugs and/or medications such as corticosteroids (e.g. predisone), aspirin, Indocin, ibuprofen (e.g. Motrin, Advil, etc.) or other NSAIDS. Do not take HCl if you have been clinically diagnosed with a stomach ulcer. <https://chriskresser.com/get-rid-of-heartburn-and-gerd-forever-in-three-simple-steps/>