

Stomach Acid Self Test

For Heartburn and Other Stomach Related Pain



Introduction

Many people suffer daily with heartburn, reflux, ulcers, stomach "ache", and other stomach related discomforts. So often prescriptions are given for OVER hydrochloric acid production of the stomach when in fact, UNDER production is the cause of discomfort!

An easy way to tell if your stomach is producing too much, or too little, acid is this simple self test.

Instructions

Step One

HAVE LEMON JUICE OR APPLE CIDER VINEGAR ON HAND:

When you have the pain; swallow a tablespoon of lemon juice or cider vinegar. If this provides pain relief, you most likely have too little stomach acid. If it worsens your symptoms; it is more likely that you have an acidic stomach.

Step Two

For an under-acid stomach:

- Don't take anti acid medication
- Apple cider vinegar and honey in water (1 tsp vinegar, 1/4-1/2 tsp honey). Drink daily.
- Juice of half a lemon before each meal to encourage stomach acid production.
- Supplement with HCL (hydrochloride tablets) and Digestive enzyme such as papain (found in papaya) and bromelain (found in pineapple) as prescribed by practitioner.

Step Three

For an over acid stomach:

- Digestive enzyme supplements such as papain and bromelain.
- Aloe vera juice.
- Drinking water.
- Soothing herbs like slippery elm and probiotics as prescribed by your health care practitioner.

Tips & Warnings

- Many people with stomach pain complaints who visit their doctor will be prescribed antacids for excess stomach acid. Approximately 90% of those over age 40 who will see their doctor will, in fact, have low acid. As we age our acid production reduces.
- Symptoms of low acidity are the same as for high acidity so testing is important for appropriate treatment options.
- Aloe Vera juice can be mixed with some juices for better taste.
- Look at stress, lifestyle and dietary habits which can all cause stomach pain symptoms.
- If the prescription you've been given for over acid production does not seem to help, or creates other concerns, consider under acidity.