

Burp Test for Acid Reflux

Many times, when we take a closer look at our daily habits and nutrition, we can begin learning more about how our bodies are functioning without immediately turning to expensive testing. Simple at-home wellness observations may offer insight into areas that could need additional support.

Baking Soda Test for Low Stomach Acid

1. First thing in the morning, before eating or drinking anything, mix **1/4 teaspoon of baking soda** into **4–6 ounces of cold water**.
2. Drink the mixture.
3. Time how long it takes for you to burp, up to five minutes.

It is believed that individuals with healthy stomach acid levels may burp within approximately 2–3 minutes. Early or repeated burping could indicate excess stomach acid, while little to no burping after several minutes may suggest lower stomach acid levels.

Please note that this is not a medical diagnosis, but simply an educational wellness observation that some people use as part of exploring digestive health.

Always consult with a qualified healthcare professional regarding digestive concerns or ongoing symptoms.

If you would like additional wellness support or guidance on your health journey, please feel free to reach out to **Wellness Solutions by Sonora**. We are here to help support you in creating a healthier, more balanced lifestyle