

Low Stomach Acid & Digestion Problems



Burping, gas, constipation, acid reflux, diarrhea, acne, bad breath, and bacterial overgrowth can all be symptoms of low stomach acid.

Gases are produced by bacteria that ferment food. These bacteria survive because there is not enough stomach acid present to kill them. As a result, they settle in the stomach and intestines.

Bacteria release substances that help them survive in the perfect environment. Because of this, stomach acid production itself can even become suppressed. And when we do not digest food properly, important nutrients are not absorbed well enough to continue producing stomach acid.

So if you are aware that you are noticeably deficient in nutrients such as iron, B12, magnesium or zinc, this could definitely be one of the reasons.

Digestion Is the Foundation

Digestion is one of the most important systems for a properly functioning body and brain.

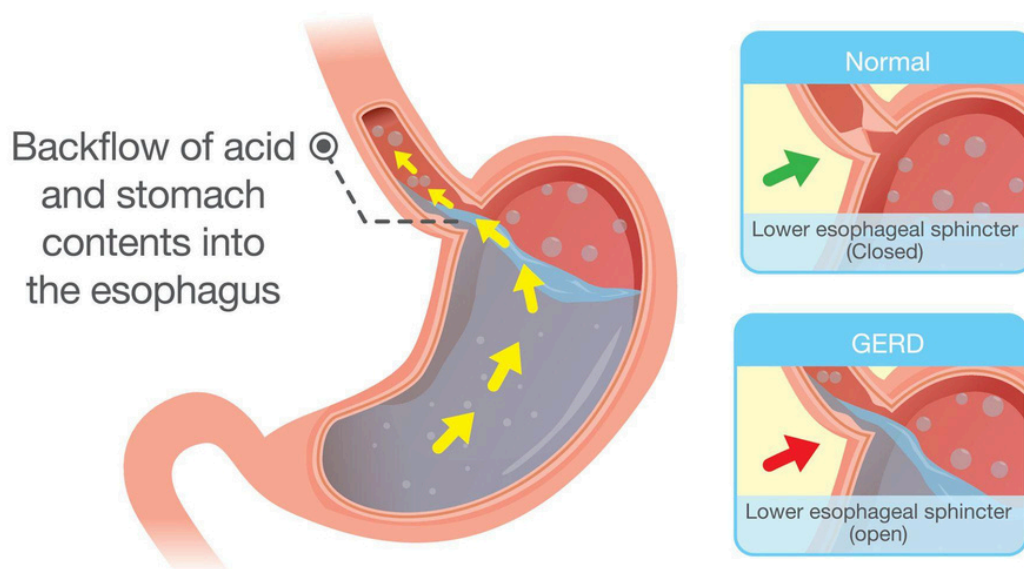
Digestion is the first step. The stomach is the barrier that is supposed to acidify and break everything down into the smallest usable pieces the body can rebuild itself with.

The body does not recognize chicken itself — it recognizes the amino acids that chicken meat is made from.

The stomach is also extremely acidic to kill bacteria that should not enter the body. When bacteria are not destroyed and food is not digested properly, it can begin to rot throughout the digestive tract instead of being properly broken down.

With low stomach acid, food rots instead of digests.

Interesting Fact About Acid Reflux



A very interesting fact: acid reflux is often not caused by too much stomach acid, but by too little.

The stomach valve above the stomach (the lower esophageal sphincter) has sensors for acidity. The more acidic the stomach environment is, the tighter this valve closes.

When there is not enough stomach acid, the valve may not close properly, allowing stomach contents to move upward.

Possible Symptoms of Poor Digestion

- Constipation
- Diarrhea
- Loose stool
- Bad breath
- Bacterial overgrowth

- Brain fog
- Fatigue
- Difficulty building muscle

These can all be signs that digestion is not functioning properly.

The Baking Soda Test



The “baking soda test” is a simple method that may help detect low stomach acid.

How To Do The Test

- Dissolve 1 teaspoon of baking soda in 250ml of water
- Drink it on an empty stomach
- Start a timer or stopwatch

Results

- If you burp quickly (within a few minutes), you likely produce enough stomach acid
- If it takes longer than 3 minutes, this may indicate low stomach acid

Background of the Test

- Baking soda (sodium bicarbonate) reacts with stomach acid

- When baking soda comes into contact with stomach acid, a chemical reaction occurs that releases carbon dioxide gas, causing a burp
- A quick burp usually suggests sufficient stomach acid for the reaction to happen properly
- A delayed or absent burp may suggest low stomach acid, slowing or preventing the reaction

Baking soda (sodium bicarbonate) can be bought at almost any supermarket for less than €2.

Final Note

Do the test and you may discover a possible cause behind vague symptoms that many people deal with every day.

If you have done the test and would like further info, feel free to contact me.

Or search on YouTube for:
T.C. Hale