

# Free Guide:

## How to do the Burp Test/ Stomach Acid Test at Home - Part 1

Is low stomach acid affecting your health? Lack of stomach acid can lead to indigestion, heartburn, reflux, skin issues like rosacea, hair loss, constipation, gas, and bloating.

Here's a simple test to check if you're producing enough stomach acid.

### The Beet Test

- Eat beets.
- If your stool or urine turns pinkish, it indicates that you are NOT producing enough stomach acid to properly digest protein.

### The Burp Test

If you prefer not to eat beets, try this alternative method

- Mix 1/4 teaspoon of baking soda in 2 oz of water OR take an Alka Seltzer Gold tablet.
- If you burp immediately, your stomach acid levels are likely adequate.
- If you don't burp within a minute or so, you may have low stomach acid.

### What to Do If You Fail the Test

If you test positive for low stomach acid, it's time to support your digestive health.



## How to do the Burp Test/ Stomach Acid Test at Home - Part 2

Natural Foods That Help Increase Stomach Acid:

- Bitters (Bitter greens, cocktail bitters, lemon/orange zest)
- Ginger
- Apple Cider Vinegar

Supplementing with Betaine HCL / V Bile available for purchase at [farahsultanmdshop.com](http://farahsultanmdshop.com)

To determine the right dose:

1. Day 1: Take 1 capsule of V Bile with your largest meal. If no burning occurs, move to step 2.
2. Day 2: Increase to 2 capsules with your largest meal. no burning occurs, move to step 3.
3. Continue increasing daily by 1 capsule until you feel mild burning sensation.
4. Once you reach the point where burning occurs, reduce the dosage by 1 capsule and maintain that amount with every major protein meal for 2-3 months



When to Taper Off

Once the same dosage starts causing discomfort or a burning sensation, start reducing the dose one capsule at a time until no burning occurs and you pass the burp or beet test.

Take Control of Your Digestive Health Today! For expert guidance, visit Vitalogy Wellness & Med-Spa and talk to Dr. Farah T. Sultan.