

BAKING SODA TEST

This test assesses the acidity levels in your stomach. Your stomach generates hydrochloric acid essential for food digestion. When you consume the baking soda solution it interacts with the acid, leading to the release of carbon dioxide gas. The volume of gas produced correlates with the acidity level in your stomach, typically manifesting as a burp.

Baking Soda Test How To

1. Dissolve ¼ teaspoon of baking soda into 4 oz of cool water
2. Drink the solution and start timing
3. Record how long it takes until you have a burp
4. Compare your results with the guide below

You'll observe initial results on the first day, yet for a more accurate assessment of your stomach's acidity, consider repeating the test for 3-4 consecutive days, or even longer, at consistent times each day.

What Do These Results Mean?

If you haven't burped within 2-3 minutes, it's probable that you have insufficient stomach acid, hindering effective food digestion.

Time Until First Burp:

- 1-2 minutes: Normal stomach acid
- 2-3 minutes: Moderate to low stomach acid
- 3+ minutes: Inadequate stomach acid

RECORD YOUR RESULTS

Day 1	
Day 2	
Day 3	
Day 4	
Notes	

This Leads To:

Undigested food staying in your stomach too long and bubbling back up as acid reflux

Nutrient deficiencies when your body is unable to absorb the undigested food

Stomach and lower GI pain, bloating and either slow or fast emptying (diarrhea or constipation)

Food sensitivities as your body develops an immune reaction to the undigested food

Fatigue when your body can't get the energy it needs from the food

THREE PHASES TO RESTORE GUT HEALTH

Phase 1: Replace and Relief

This phase is **optional** and should be used as needed for low stomach acid or GI symptoms.

HCL Digest:

This supplement serves as a substitute for low stomach acid, ensuring optimal nutrient absorption during various phases, especially while your gut is undergoing healing processes.

Gut Soothe:

This supplement provides relief for gastrointestinal discomfort, whether experienced post-meal or at other times. Use it as necessary.



Phase 2: Repopulate (Use for 1 to 3 months)

Gut Health

This highly potent product features a unique strain of yeast known as *saccharomyces boulardii*, which effectively fights infections and alleviates symptoms. The yeasts in Gut Health safeguard the intestinal lining against harmful bacteria and enhance the production of digestive enzymes, promoting better nutrient absorption from your diet.

Gut Rebuild

Extensive laboratory and clinical studies have demonstrated the efficacy of Gut Defense when paired with bacterial probiotic strains. Gut Rebuild comprises 10 meticulously researched probiotic strains, each potent enough to restore a healthy microbial equilibrium in the gut.



Phase 3: Restore (Use for 3 to 6 months)

Gut Well

For sustained long-term health, it's essential to rebuild the gut lining and restore gut function, which is where Gut Well excels. This comprehensive product integrates rebuilding, support, anti-inflammatory properties, repair, and long-term gut and gut lining stability into one delightful solution. Whether you prefer the quick action of the powder or the convenience of capsules, Gut Well offers both options to suit your preferences.

