

## **Life Balance Acupuncture Clinic**

Acupuncture, Herbal Medicine, Shiatsu

880 Liberty St. NE, Salem, OR 97301

phone 503.881.8996

email:lifebalanceacupuncture@gmail.com

acupuncturelifebalance.com

### **Simple test for hydrochlorhydria/acid reflux**

Mix ¼ teaspoon of baking soda in 4-6 ounces in water and drink it first thing in the am before eating or drinking anything else.

You should belch within 5 minutes.

If you don't belch it is a sign for low acid in stomach.

Early and repeated belching is sign for high level of acid in stomach.