

Tests

Testing for deficiencies

Iodine

Put a drop or two of iodine on your skin, if the brown smudge is gone in less than 1 hour, iodine is low, if it's still there after 5 hours, it's ok

Low stomach acid / Low pH

Put 1/4 to 1/4 a tablespoon of bicarb soda in water, drink it on an empty stomach

If it takes longer than 5 minutes, you have low stomach acid

Solution: Take betaine HCL in increasing dosage per day up to 4500 mg