Drink 1/4 tsp baking soda in 6 oz water on an empty stomach. Does burning stop/decrease within 40 minutes?

- **Bonus Diagnosis**
- **YES**
  - Did you have a fizzy, carbonated burp within 2 minutes?
    - **YES**
      - Repeat that test first thing in the morning for two more days to be sure.
    - **NO**
      - You have low stomach acid, which will sabotage your treatment and cause future UTIs. Proceed to The Mother of All Problems
- **NO**
  - You have a gram negative UTI. Proceed to Phase I
    - Is it worse, or the same?
      - **SAME**
      - You don't have a bladder infection: you have a tissue infection of the lady parts. Proceed to Troubleshooting: It Burns, and Nothing Works
      - **WORSE**
        - You have a gram positive UTI. Proceed to Profiles in Power: The Real Role Of Vitamin C In UTI Treatment