

pH “Testing”

Name: _____ Phone _____

Test Start Date: _____

You can purchase ph nitrazine paper at the drugstore

Upon waking test your saliva with the pH test strips. Wet the end of a pH test strip with your saliva before brushing your teeth, drinking or eating. Note the color change and write down the pH number below. The pH should be between 6.8 and 7.2.

1st Saliva:

Day 1 _____ Day 2 _____ Day 3 _____

Now test your first urine of the morning. This is urine that has been stored in your bladder during the night that is ready to be eliminated when you get up. Urinate on a strip of pHDrion paper, note the color change and write down the pH number. The first urine should run optimally between 6.8 to 7.2.

1ST Urine:

Day 1 _____ Day 2 _____ Day 3 _____

Next, test your second morning urine before eating any food. This number should be the pH of your second urine after you have eliminated the acid load from the day before. The acids should be gone the second time you go to the bathroom so your urine pH should be ideally around 6.8 to 7.2.

2nd Urine:

Day 1 _____ Day 2 _____ Day 3 _____

Eat breakfast. Wait five minutes and then check your urine and saliva again. Note your results below. If you have sufficient alkaline reserves to buffer acids, the pH numbers will go up from the first and second morning urine and saliva. If you do not, then the pH numbers will show very little change or even go down from the early morning pH numbers. The pH should always be between 6.8 to 8.4, right after meals and between 6.8 to 7.2 a couple of hours after meals.

	<u>Saliva</u>	<u>Urine</u>
Day 1	_____	Day 1 _____
Day 2	_____	Day 2 _____
Day 3	_____	Day 3 _____