

Checking Your pH

Tracking your pH can help you control your weight, regulate carbohydrate intake and levels of cholesterol, triglycerides and blood sugar. Please allow 5 extra minutes in the morning to complete urine and saliva pH testing. You will need pH paper which can be purchased through our office or at Georgetown Market (317-293-9525).

How to Measure Urine pH

1. Test urine before eating each morning for 7 to 14 days and record. Do not take supplements before your reading. Urine pH should be checked after the longest period of sleep.
2. Record the number of hours of continuous sound, uninterrupted sleep from that night.
3. **To Do Test:**
 - a. Tear off 1 inch of pH paper after removing the outer foil wrapping.
 - b. You may either urinate or in a cup and dip the pH paper or preferably during **MIDSTREAM**. Quickly put the pH paper into the urine stream and remove.
 - c. Match color of tape to color range on tape spool immediately. Record pH number.
 - d. Record your diet on the calendar for the day of what you eat and how you feel upon rising in the morning. Test next day. If your pH tests to high, reduce your carbs and retest the next day. Too low, add carbs and retest.
4. **pH Goals:** First morning urine pH should be between 6.5 – 7.5 (with an occasional but not constant reading of 7.5).
 - a. If you are below 6.5 – change your diet to focus on alkalizing foods.
 - b. If you are above 7.5 or reading at 7.5 for several days – consult a knowledgeable health professional about how to stimulate the repair process to reverse the catabolic cycle.

How to Measure Saliva pH

1. Test saliva before you brush your teeth or even think about eating. Do not take supplements before your reading. Saliva pH should be tested 15-20 minutes after rising.
2. Record the urine pH first as described above.
3. **To Do Test:**
 - a. Tear off 1 inch of pH paper
 - b. Touch your saliva to the pH paper to test. Make certain that you do not touch your tongue or lips – just saliva!
 - c. Match color of tape to color range on tape spool immediately. Record pH number.



