



Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

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Interpreting the results of your pH tests

When we test our saliva and urine daily, we get to see the acid/alkaline levels of our body. It is most accurate when we do an average over a 7-10 day period. In the cleanse we will check daily to give an indication of how our body is responding to the cleanse. Often it takes a few days for the numbers to change.

When the cleanse is over and you return to your regular diet, after 1 week or more, I recommend testing for 7-10 days removing the 2 highest and 2 lowest numbers and averaging the rest. This will give you an accurate picture of the average pH level in your body.

The Saliva Test

First thing in the morning as soon as you wake up, wet a portion of the pH strip with your saliva. Spit directly onto the paper. Do not lick the pH paper or put saliva on your finger. Record the date and results on a piece of paper.

Interpreting Saliva Test Results:

5.75 or below: Indicates that you may have a serious mineral and electrolyte depletion. You may get sore easily when exercising excessively you need to restore your alkalinity reserves through nutritional rebuilding.

6.0-6.25: Mineral and electrolyte depletion are moderate.

6.5-6.75: This is great!

The Urine Test

In order to complete this test, you will have to test your very **first and second urination** of each day and then test your urine again **just before dinner**. You will then find the average between the three. This is the number you will use for the day. If you can only do the morning you can average the first 2, that is fine.

For the morning urine the first one should be any time after 4 am.

Interpreting Urine Test Results:

7.0 or higher: Indicates that your liver has adequate alkaline reserves.

6.5-6.75: You have alkaline reserves, but you need to replenish them

5.75-6.25: Depletion of alkaline minerals.

5.5 or below: Indicates a very low (or no) electrolyte reserve. Your digestion and liver are likely affected by this. Eat 100% alkaline forming foods on the acid/alkaline chart to build your alkaline reserves.