



Testing Your pH and Interpreting The Results

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.

I recommend testing for 7-10 days removing the 2 highest and 2 lowest numbers (remove only 1 highest and lowest if only doing 7 days) and averaging the rest. This will give you an accurate picture of the average pH level in your body. This means if you did 10 days you will take the numbers you have for the urine (1 for each day) remove the 2 highest and 2 lowest leaving you with 6 numbers to average. This average will be the number you use. You will do the same for the saliva. In the end you will have two numbers, one for the urine and one for the saliva. These are numbers you use to interpret your results

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 testing urine, let a little urine flow before testing as this will give more of an average reading.

For the morning urine the first one can 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 90% alkaline forming foods on the acid/alkaline chart for at least 5 days to build your alkaline reserves. Then retest.

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:

- 6.5-6.75: This is great!
- 6.0-6.25: Mineral and electrolyte depletion are moderate.
- 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. Eat 90% alkaline forming foods on the acid/alkaline chart for at least 5 days to build your alkaline reserves. Then retest.

Why the Differences in the pH Levels?

The reason that there is a difference between your urine and saliva pH level readings is that your mouth is more likely to contain acidic bacteria and because your urine is more of a reflection of the processes the body is undertaking to remove acid from the body.