



## HOW TO TEST SALIVA & URINE pH

### What is pH?

pH means "potential hydrogen". The pH scale covers a range of 0-14. Neutral pH is 7.0 while anything above 7.0 is alkaline and anything below 7.0 is acidic.

### Why is your first morning urine pH significant?

Your first morning urine pH is a good indicator of the body's mineral reserve and its acid/alkaline state. The body routinely uses overnight rest time to neutralize and excrete excess acids. Increased calcium loss is seen with a high net acid excretion and is implicated in bone loss.

### How to monitor urine pH?

1. Wet the end of a strip of pH test paper by holding in the direct flow of urine or dip it into urine collected in a small cup.
2. Shake excess fluid off strip, wait 5 seconds and compare to the colour chart.
3. The closest colour match determines the pH level. Urine pH can vary from around 4.5 to 9.0 for its extremes, but the ideal range is 6.4 to 7.4. Urinary pH is normally lower in the morning and higher in the evening.

### How to monitor saliva pH?

Test first thing in the morning or wait at least one or more hours after eating or drinking.

1. Draw up saliva from under the tongue and swallow a couple of times.
2. Collect small amount of saliva and dip pH paper into saliva for three seconds.
3. Wait five seconds then compare against colour chart.
4. The closest match determines the pH level.

For optimum digestive and overall health, saliva pH should be 6.4 first thing in the morning and range from 6.4 to 7.4 the rest of the day.

### How do I know if I am acid or alkaline?

When it comes to determining the body's pH, look at the averages and trends over a specific period of time. With the chart provided on the following page record both the urine and saliva pH over a ten-day period. Keep a note of anything that may have impacted the reading, e.g "didn't drink much water, salad day, coffee overload, stressed out, heavy workout."

First morning urine pH between 6.4 (slightly acidic) and 7.4 (slightly alkaline) indicates the overall cellular pH is appropriately alkaline and that small amounts of acids built up from normal metabolism have been easily concentrated for excretion.

If reading is below 6.4, implement changes aimed at alkalizing your diet to protect your alkaline mineral reserves.

An occasional pH of 7.4 to 8.0 is acceptable. If pH readings are consistently greater than 7.4 it may represent a "false alkalinity" and require further investigation. If so, seek the advice of your healthcare professional.



## 10 DAY pH MORNING & NIGHT CHART

| DAY       | A.M.   |       | P.M.   |       | NOTES |
|-----------|--------|-------|--------|-------|-------|
| Day One   | Saliva | Urine | Saliva | Urine |       |
| Day Two   | Saliva | Urine | Saliva | Urine |       |
| Day Three | Saliva | Urine | Saliva | Urine |       |
| Day Four  | Saliva | Urine | Saliva | Urine |       |
| Day Five  | Saliva | Urine | Saliva | Urine |       |
| Day Six   | Saliva | Urine | Saliva | Urine |       |
| Day Seven | Saliva | Urine | Saliva | Urine |       |
| Day Eight | Saliva | Urine | Saliva | Urine |       |
| Day Nine  | Saliva | Urine | Saliva | Urine |       |
| Day Ten   | Saliva | Urine | Saliva | Urine |       |