



Nourishing Wellness

Good health is a choice you can make today!

Measuring Your pH

We use a system of measurement called pH for determining the level of acidity and alkalinity in the body - our biological terrain. This scale ranges from 0 - 14. Readings above 7.0 are alkaline and below 7.0 are acidic. Monitoring the pH of your urine will allow you to better understand your acid/alkaline patterns. Not only is it easy to do it is very interesting too!

Take your readings for at least 5 full days (two readings each day) to assess your tendencies. If you are unable to obtain both readings for a specific day, just skip it and continue to record the next day's readings. These days need not be consecutive. You can then occasionally spot check to see how well you are doing.

How to Test:

Measure your urinary pH first thing in the morning and then again around 9:00 pm or before bed. It is very important to make the morning reading the 1st void of the day at your normal wake up time. The most accurate readings will be those morning samples where you have not urinated for the previous 6 hours, and haven't consumed any food or liquids.

1. Place your roll of pH paper in a handy spot in the bathroom where you won't miss it in the morning.
2. Tear a small piece (approximately 2 inches) of pH paper from the roll.
3. Wet the pH paper with urine. A "mid-stream" reading is the most accurate. Shake off any excess.
4. *Immediately* compare the paper's color with the colored chart on the container. Select the best match and record the corresponding pH on the *My pH Record* document.

Interpreting the Results:

One's 1st morning urine reading should be slightly acidic (6.5) and slowly become more alkaline (higher than 7.0) throughout the day. If your morning reading is more acidic (less than 6.5) be sure to alkalize your diet by eating more alkalizing foods; namely fruits and vegetables and by reducing the more acid forming foods, such as coffee, sugar, refined, processed and fried foods. Refer to the *Acid Alkaline* food chart.

(Please note that this pH paper is not accurate for testing water)