

## **pH Litmus Stix (Item #2947)**

*How to Measure pH of your Saliva & Urine*

---

### **What to Expect**

As with taking one's weight, one would expect their weight to change throughout the day. So, when testing your pH, it is important to be consistent with the time of day (or routine). It is far more accurate to test your pH during the same period daily. As an example, you might consider taking your sample reading between breakfast and lunch.

### **What To Look For**

What you are looking for is not a specific reading but rather an average of your readings. We suggest you log your readings. Ignore the highest and lowest ratings and average out the rest of the readings.

An additional piece of information will be available to you if you log your average readings. By doing this you will reveal whether your pH is trending higher or gravitating downward. This trend information is useful to judge your overall progress.

pH, an acronym for "potential of hydrogen", is a value that indicates the acidity or alkalinity of a liquid. The measurement of the hydrogen ion concentration in a liquid determines the pH value. Every liquid has a pH value, which falls on a scale between 0 and 14, and 7 being neutral. A pH value less than 7 is acidic; values greater than 7 indicate alkalinity.

### **Why Our pH Strips Are So Highly Respected**

The pH strips from Universal Formulas incorporate a dual indication method for pH determination. They also feature:

- The widest range available... 4.5 – 9.0
- Easier to use than pH paper rolls
- Very economical
- Practitioner preferred
- Super sensitive and accurate readings

---

### **Ordering Information**

---

**PH Litmus Stix (Item #2947)** is priced at only: \$9.00

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

# How to use the pH Test in order to determine your pH Composite Reading

Day One	Day Two	Now you can start adding up the values.
1. Upon rising, test the pH of your urine and then record the pH value in the appropriate blank for URINE on the chart (below).	Simply Repeat Day One.	Starting with the column titled "1 <sup>st</sup> Urine Upon Rising". Add the number from Day 1 to Day 2 and enter the total in the WHITE BOX. Then, multiply that number by 15 and enter that number in the SHADED BOX.
2. Next, test your saliva. Do not eat, drink, or brush your teeth before the test. Rinse your mouth out with water. Test 3 minutes after rinsing your mouth. Record the results in the appropriate blank for SALIVA on the chart.		Continue with procedure with the rest of the columns. Make sure to multiply the total by the appropriate number indicated – this is VERY important! These multipliers are used to weigh the importance of each reading.
3. Test the pH of your urine again the next time you go to the bathroom. Record the pH value in the appropriate blank for URINE on the chart.		Once you have entered all of the values into the SHADED BOXES, you can then add ALL OF THE NUMBERS in the SHADED BOXES together. Enter the sum of all the SHADED BOXES into the white box to the right. Add the 2 white boxes down to the GRAND TOTAL box – the DOUBLE OUTLINE WHITE BOX.
4. Test your saliva again one our after eating breakfast – even it it's just a small meal or snack that you eat. Record the results in the appropriate blank for SALIVA on the chart.		Finally, take the GRAND TOTAL from the DOUBLE OUTLINED BOX and divide it by 80. Place the result of the GRAND TOTAL DIVIDED by 80 into the DOUBLE OUTLINED SHADED BOX.
5. After lunch, you will test your urine again. You must wait at least 30 minutes to test. If you must go to the bathroom within 30 minutes of eating, simply skip testing and wait to test your urine the nest time you go to the bathroom. Record the pH value in the appropriate blank for URINE on the chart.		This is your pH Composite Reading.
6. Finally, test your saliva one last time, one hour after lunch. Record the results in the appropriate blank for SALIVA on the chart.		

## The pH Test Chart

<b>URINE</b>	<b>1<sup>ST</sup> URINE UPON RISING</b>	<b>2<sup>ND</sup> URINE UPON RISING</b>	<b>1<sup>ST</sup> URINE AFTER LUNCH</b>		
Day 1	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>		
Day 2	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>		
TOTAL	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>		
	TOTAL X 15	TOTAL X 12	TOTAL X 6	=	<input style="width: 80%;" type="text"/>
	+	+			
<b>SALIVA</b>	<b>UPON RISING</b>	<b>1 HOUR AFTER BREAKFAST</b>	<b>1 HOUR AFTER LUNCH</b>		
Day 1	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>		
Day 2	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>		
TOTAL	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>	<input style="width: 90%;" type="text"/>	+	↓
	TOTAL X 3	TOTAL X 2	TOTAL X 1	=	<input style="width: 80%;" type="text"/>
	+	+			
<b>GRAND TOTAL</b>				=	<input style="width: 80%; border: 2px solid black;" type="text"/>
<b>GRAND TOTAL DIVIDED BY 80</b>				↓	<input style="width: 80%; border: 2px solid black;" type="text"/>