
How To

Measure pH of your saliva & urine..

In order to gain insight into the pH of your body fluids, it is recommended to test saliva and urine.

To Test Saliva: Wait 2 hours after eating. Spit into a spoon. Dip the litmus paper or strip. Read the results within 5 - 10 seconds. Use the color chart for indication. An optimal reading is 7.0 to 7.5. This indicates a slightly alkaline body. It is recommended that you test yourself a few times throughout the day to get an average reading.

If you are below 6.0 track the following: Eat a piece of bread, chewing it until it dissolves in your mouth; then test your saliva and note your results. Wait 30 minutes, and test again. Wait another 30 minutes, and test again. You want to determine how quickly your saliva's pH is diminishing.

Results: 7.0 is neutral. A reading of 6.5 is slightly acidic. A reading below 6.5 is acidic, and a reading below 6.0 is very acidic. If you are below 6.0, you may want to seek the counsel of a health professional.

To Test Urine: Do not test the first urine of the morning, since this is usually more acidic than normal. Test the second urine of the day. Fill a small cup with urine and dip the litmus paper or strip into the cup. Remove immediately. Read the result within 5 seconds. Test again throughout the day.

Results: 7.0 is neutral. A reading above 6.5 is considered normal. A reading below 6.5 is acidic, and a reading below 6.0 is very acidic.

Note: A urine reading of 7.5 or above, while uncommon, indicates a body that is too alkaline, or may indicate that the kidneys are producing ammonia to buffer acids due to mineral deficiency. If you are below 6.0, you may want to seek the counsel of a health professional.

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----- Additional Notes -----

What To Expect: As with taking one weight, one would expect their weight to change throughout the day. So, just as in taking one's weight measurements, 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 you are looking for is not a specific reading but rather an average of your readings. I would suggest you log your readings. Ignore the highest and lowest readings 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 moving up 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, with 7 being neutral. A pH value less than 7 is acidic; values greater than 7 indicate alkalinity.

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