



TESTING YOUR PH IS EASY

Health and disease are influenced by the degree of alkalinity or acidity in the body's tissues and fluids. The relative amounts of acidity or alkalinity are measured on a numerical chart called the pH scale. When your pH value is outside the normal range, your body will compensate, and eventually dysfunction leading to many chronic, degenerative diseases.

Saliva testing is an accurate indicator of the overall pH balance in your body. When your body is in balance and has an abundant supply of mineral buffers, your saliva pH will be between 7.0 and 7.5. A low saliva pH value is an indication that you are too acidic, and are lacking alkaline minerals, setting the stage for dysfunction and disease.

Directions to Test Saliva

1. First thing in the morning, before you eat or drink anything, spit into the small plastic cup provided (or use a spoon if you don't have a plastic cup).
2. Immediately test the pH of your saliva with the test strips provided.
3. Compare the test strip to the color chart and note the pH level within 15 seconds, as the test strip will generally darken with time.
4. Record your pH reading for 10 days in a row in the space provided.
5. Bring this sheet with the 10 days of a.m. pH values to your next appointment.

Day One _____

Day Six _____

Day Two _____

Day Seven _____

Day Three _____

Day Eight _____

Day Four _____

Day Nine _____

Day Five _____

Day Ten _____