

pH Goals, Instructions & Graphing **Optimizing Your pH (Acid – Alkaline Balance)**

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In our ongoing studies to find the best solutions currently available in healthcare, we at the Center for Natural Medicine utilize a variety of screening and assessment approaches. One of those is our ability to evaluate and regulate acid/alkaline balance in the body.

When our bodies are appropriately balance in the ongoing, dynamic challenge of acid producing factors in our lives (diet, sub-optimal water intake, stress and the development of chronic illnesses) every cell is able to function more efficiently. This can result in significantly improved long term health and longevity.

To gain insight into your ability to maintain acid/alkaline balance day by day, I would like you to use a simple and very inexpensive test. The acid/alkaline state of your body can be evaluated by measuring the pH of your urine and saliva. This is achieved by dipping a short strip of pH paper that measures in 0.2 of a pH unit onto your urine and saliva and measuring the color change on the test strip. Accurate and properly calibrated pH strips are available for \$10 at the Center for Natural Medicine Mail Order Dispensary online at www.cnm-inc.com or toll free at 1-888-305-4288.

Acid – base imbalances are often associated with a wide range of symptoms and conditions. Commonly people experience chronic fatigue, chronic pain, poor sleep habits, increased susceptibility to infections, fibromyalgia, bone spurs, calcium deposits, osteoporosis, so called brain fog, concentration impairment, irritability, food cravings, abdominal pain, indigestion, gallstones, kidney stones and muscle cramps.

Goal for you pH

Urine

A pH of 6.2 or less will turn the pH paper yellow or very light green. This indicates a predominance of acid generating metabolites in the urine along with depletion of alkaline reserves. The urine pH is ideally 6.4 to 6.8. Many people's urine measures 5.5. A tailored program of Coral Legend – Coral Calcium, diet, lifestyle changes and other nutritional supplements restores the urine pH to normal.

Saliva

A pH of 6.4 – 6.8 is normal although salivary pH may be more optimal up to 7.3. A pH of 7.0 or higher will turn the pH paper dark green or shades of deep blue.

Instructions for Testing Urine and Saliva

When – Test upon waking or after at least 5 hours of sleep.

Avoid – Do not eat or drink (except water) 2-3 hours before testing.

1. Purchase a roll of pH paper calibrated from 5.0 to 8.0 in 0.2 of a pH unit.
2. Note the color guide on the front of the plastic dispenser. You will use this to determine your pH each time you test.
3. After you have collected your urine and saliva in a container dispense the pH paper by pulling out approximately 1.5 inches of pH paper and tearing it off.
4. Only touch one end of the paper and dip the other end into the sample of urine or saliva. Avoid touching the paper to anything else to avoid contamination. Do not touch the pH paper to your tongue or mouth. Some individuals may have an allergic reaction to the chemicals in the paper.
5. Compare the wet paper to the pH color guide immediately after dipping into the sample. This should take 3-5 seconds.
6. Saliva testing – Use a clean spoon to test your saliva. Don't just spit out any fluid in your mouth. Don't try to get a sample by clearing your throat and mouth. Instead, close your mouth and briefly and gently suck on your tongue for 1-2 second to produce a watery fluid. Gently spit your saliva into the spoon and dip the clean, untouched pH strip into it. After dipping, immediately compare the color of the paper to the color guide and note your pH.
7. Record your pH on the graph titled Urine pH or Saliva pH below.

