

## Measuring Urine & Saliva pH

**NOTE:** It is best if you don't test your urine pH right when you wake up. The first morning urine test, while being a valid test, takes greater discretion to sort out the results because you are unloading the previous day's "metabolic debt," those acids you accumulated through the previous day. Testing your urine and saliva pH either just before lunch or just before dinner (ideally at least two hours after you have eaten any food and 30 minutes after drinking anything) will be an easier test to discern what the numbers are showing.

### Urine pH

Hold the test strip in your urine stream for a second and read the result against the colour chart found on the packaging. If the chart reads in half-point increments, and your reading is between two colours, make an estimate for your reading. For example, if the colour on your pH strip falls between 6 and 6.5, make a guess and say 6.3 or wherever you think it lands. Just pick a number and don't say "really green" or "very yellow," because that is too subjective. Pick a number; you are simply looking for a range. If the actual reading is off by a little bit, that's okay. You won't be using NASA equipment here and you're not going to get an exact reading. You just want to be able to see, "Is it high or is it low? How high or low is it?" So, don't drive yourself nuts and think that you have to pull out the magnifying glass and read the strip under indoor lighting that mimics the sun at high noon. Just look at the pee on the strip and mark it down.

Ideally we are looking for a urine pH of between 5.5 and 6.0

### Saliva pH

Try not to drink or have anything in your mouth for 30 minutes before testing, and ideally you want to wait approximately two hours after eating. Testing your saliva at the same time as your urine will keep everything simple. Don't use the same strip for both! Bring up a little saliva between your lips and run the test strip across your lips and through the saliva. Read against the chart right away. Timing is important. The CO<sub>2</sub> in your saliva will out-gas into the atmosphere. The reading will often rise the longer you wait to read it. Because of this, it is best to read the saliva as soon as you moisten the strip or you will have a less accurate reading. With urine, it is not as important to read against the chart right away.

Ideally we are looking for a saliva pH of between 6.5 and 7.0

Mark's world-wide testing program available for purchase here:

<http://www.biosynergypro.com/lets-do-it.html>