

## pH Tracking: Saliva and Urine

The pH of the saliva and the urine, taken in the morning upon first voiding of the day, can reveal much about the metabolic activity of the body.

The following are optimal values for both the a.m. saliva and the a.m. urine:

Saliva: 6.8 to 7.2

Urine: 6.4 to 6.8

Please use pH paper to record the first morning's

saliva pH and urine pH in the chart below. Wait at least one hour and record a **second urine pH reading**. Eating during this time is allowed. Record later in the day as well and compare to determine the effects of your current lifestyle on your pH. For the best results, test your pH for 30 days.

### Tips for Collection:

- ❑ **Urine:** When collecting urine, try to test "mid-stream" (i.e. pee a little, collect the mid-way sample for testing, then finish peeing). The first bit of urine contains more bacteria and may result in a more acidic result. Urine often provides a more accurate reading.
- ❑ **Saliva:** When collecting saliva, ensure you have not just eaten or brushed your teeth. If you have, please wait a minimum of 5 minutes and then rinse your mouth with pure water before collecting a sample for testing.
- ❑ **pH Paper:** I generally recommend Hydrion paper is used for testing. pH paper generally has a shelf life (each package should come with an expiry date) because the strips are sensitive to humidity. The paper is best stored in a cool, dry place. You can even keep it in your fridge to optimize the shelf life.



Here are three links where you can purchase recommended brands:

- Micro Essentials PH Test Tape Dispenser Hydrion Papers Strips  
<http://www.drritamarie.com/go/MEHydrionpHPaper>
- PH Test Tape Dispenser Hydrion Papers Strips  
<http://www.drritamarie.com/go/HydriompHPaper>
- Advanced Nutritional Innovations, Hydrion, Coraladvantage pH Paper Roll  
<http://www.drritamarie.com/go/ANIHydriompHPaper>



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