

HOW TO ACCURATELY

TEST YOUR pH

There are certain numbers that we all know about that the body has to maintain within a very tight range to be healthy, and to be alive. Our body regulates its temperature at 98.6, our blood pressure at 120/80, etc.



Usually your doctors are monitoring those for you when you go for a checkup. Well, there is another number you MUST know about that you are probably not tracking - the pH of your body (saliva and urine).

Testing your saliva and urine pH is an easy way to measure how ACIDIC or ALKALINE you really are - but it has to be done right! Follow these guidelines to get your most accurate test!

3 STEPS TO TESTING YOUR pH

#1 RISE & SHINE SALIVA TEST	OPTIMAL RESULTS
<p>Upon waking test your saliva with an AlkaMind duel pH test strip. Do this first thing before doing ANYTHING DON'T drink any water, brush your teeth, or eat any food. Lick and wet the end of the pH test strip with your saliva, OR dip your strip into some saliva you spit into a spoon. Wait 15 seconds, note the pH (color and number of your pH test strip and write it down.</p>	<p>This test tells you how effective your digestive system was able to deal with what we drank and ate the previous night/day. When you are eating an acidic diet, these numbers will fluctuate day to day and will be low. When you start alkalizing the readings will start to come up. This ultimately tells you how your digestive system and body is dealing with any acidity in your diet. Goal: The optimum rise and shine saliva pH should be at least 6.8 ideally between 7.2 - 7.4</p>
#2 RISE & SHINE URINE TEST	OPTIMAL RESULTS
<p>Next, test your first urine of the day. You are measuring the pH of the urine that has been stored in your bladder overnight. To test briefly place the pH strip in the urine mid-stream, shake the excess fluid and wait 15 seconds to read your pH. Again, note the color and write down the pH number.</p>	<p>Because you are measuring all of the metabolic acids that have been stored in your body overnight, it will usually be slightly more acidic. If your pH is below 6.8, you are overly acidic and low in alkaline MINERAL buffers that help neutralize acid. If you are 7.2 or higher, you have the necessary alkaline buffers needed to neutralize acidity in your daily diet and lifestyle. Goal: Your rise and shine 'first morning urine' should be 6.8 - 7.2 (+7.2 optimal)</p>

#3 2ND MORNING URINE TEST	OPTIMAL RESULTS
<p>Next you want to test your second morning urine of the day. If possible, try to do this test before eating any food. This second urine test is a post-hydration urine test. This means you are taking the reading after drinking water or a green drink. Right down your pH number.</p>	<p>Your second morning urine should always be better than your first morning urine. Your first morning contained all the metabolic acids that were stored overnight in your bladder, and will always be more acidic. Once that has been eliminated from your body, your 2nd morning urine should definitely improve.</p> <p>Goal: Should be HIGHER than your Rise & Shine Urine Test, between 7.2 - 7.4</p>



pH TEST TIPS & TRICKS!
REPEAT DAILY FOR A MINIMUM OF 30 DAYS

Take the first and second urine of the day and record the AVERAGE of the two readings.

One daily pH test in and of itself is of no major significance, as there are a lot of variables that can affect your results. For example, when you start alkalizing the body will start dumping out acids that you will pick up in your pH test reading at the onset. So at first, your numbers may drop. If you only measured one day, it would be a false-positive. Over time, that number will start to come up as you continue to alkalize.

to get a true, measurable result, track your pH over time, minimum of 30 days. Look at the trend and remember, think progress, not perfection!

Track all of your results plus more in our **ACID TRACKER**.

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