pH Testing Instructions & Log

For one week, keep track of your urinary pH - one marker for the health of your biological terrain.

- Use a clean container to collect your urine samples for testing.
- Collect your first sample in the morning, as soon as you rise.
- Collect your second sample 1 to 3 hours later. You may eat between these two tests.
- After you collect each sample, dip a new piece of pH paper into it. Match the paper's color against the color chart that comes with the test strips.
- Record your results in the pH log below. Bring your log to your next appointment.

The ideal range for your first morning urine is 6.2 to 6.8.

If it is over 7, you may be at risk of breeding bacteria and developing a urinary tract infection.

If it is under 6, you may be too acidic and at risk for problems such as periodontal disease, osteoporosis, poor mineral absorption, arthritis and degenerative diseases.

pH Log – Morning Urine

Date	1st Morning Urine	2nd Morning Urine