

NUTRITION 101

LESSON 5

How to Test your pH

URINE

Hold litmus strip in the flow for a second or two. Compare the color on the strip to the pH chart.

Side note

The first urine of the day may not be as accurate as the body has been detoxifying and metabolizing during the night which will be removed with the first trip to the bathroom. The second catch of the day, before meals or 2 hours away from food, will be more accurate. For the science enthusiast, test both.


SALIVA

Wait 2 hours after eating or brushing your teeth. First, clean your mouth with saliva and then spit out. Next, place saliva on the litmus paper and compare the color on the strip to the pH chart.

* Remember to test 2 hours after you have eaten

Side note

Your pH level will fluctuate throughout the day and it is important to remember that this is just a quick snapshot. But this much is true: It's not about what you eat or drink occasionally... being healthy is determined by what you eat and drink on a daily basis.



Urine

	DAY 1	DAY 2	DAY 3	DAY 4
First sample				
Second sample				
Afternoon sample				

Saliva

	DAY 1	DAY 2	DAY 3	DAY 4
First sample				
Second sample				
Afternoon sample				