

PH testing – there are three ways you will need to assess your pH

- **Drinking water**
- **First morning urine test for 7 days**
- **3 days of every time you urinate.**

Drinking water: Test the pH of the water you typically drink. It is best to drink water that is about a pH of 6.5-7

First morning urine test for 7 days – if you urinate in the middle of the night test this sample as well as the sample when you get up in the morning.

Three-day test: test every time you urinate. Record pH number and the time of day. If you miss one or two that is fine. You will notice that the PH will go up and down depending on the foods you eat. The goal is a pH average of about 6.5 -7.

Directions on how to test

- Tear off one strip
- Add urine either by using a cup or simply dip strip *quickly* into a urine stream
- Set strip on a piece of toilet paper. The strip will quickly turn a color – match it to the color strip.
 - The color may be the same color that you started with – record that number if that is the case.