A.M. Saliva and Urine pH Results

The pH of the saliva and the urine, <u>taken in the morning upon first voiding</u> <u>of the day</u>, will reveal much about the metabolic activity of the body. The following are <u>optimal values</u> for both the a.m. saliva and the a.m. urine:

Saliva 6.6 to 6.8

Urine 6.0 to 6.4

Please use the pH paper to record the <u>first morning's saliva pH and urine</u> **pH** in the chart below. Also, record the color, clarity, and odor of the urine. <u>Wait one to three hours and record a second urine pH reading.</u>
Eating during this time is allowed. This information is essential for me to provide you with the proper therapeutic protocol that is unique to your body chemistry.

Date	Saliva pH	1 st urine pH	Color	Clarity	Odor	2 nd Urine pH