

haessler naturopathic

pH Balancing

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Saliva pH							
On rising (normal = 6.8)							
5 min after breakfast (normal = 8.5)							
Urine pH							
1st urine (normal = less than 6.8)							
2nd urine (normal = 6.8+)							
Between meals (normal = 7-8.5)							

Urine and Saliva Testing Directions

Different tissues in the body vary in their pH, and will become more acid or alkaline in the body's efforts to maintain the blood at a constant pH. The pH of the urine is a reflection of the pH of fluids elsewhere in the body. If it becomes too acidic, it means that acidic body fluids are being excreted in order for the body to become more alkaline. Saliva pH is a reflection of the intracellular pH. If the pH of urine and saliva is too acidic, it suggests the body does not have a sufficient store of minerals for the body to function properly. Bacteria, viruses, fungi, parasites and cancer are more active when the pH is unbalanced. Enzymes and cellular metabolism work best in a precise pH range. Monitor your urinary and salivary pH until they normalize at about 6.8. Once they do, repeat the measurements monthly to ensure they stay that way.

1. Test your saliva first thing in the morning before you brush your teeth, drink or eat. Lick the end of a strip of litmus paper, compare the colour to the pH chart, and write down the number on the chart. The pH should be 6.8.
2. Check the pH of the first and second urine of the day. The first urine reflects the acid load from the day before that your kidneys have processed through the night. It will likely have an acid pH. The second urine should be 6.8, signifying that the acids from the day before are gone, the kidneys are no longer overwhelmed, and there are enough minerals present in the body to raise the pH.
3. Check your saliva pH 5 minutes after eating something at breakfast. This number should be higher than it was when you woke up, ideally 8.5. This signifies that the alkaline minerals have been utilized for digestion. The more it goes up, the more these minerals are available.
4. Check the pH of the urine between meals. It should be in the range of 7-8.5. After eating, the stomach secretes hydrochloric acid to digest the food and stimulates the pancreas to make sodium bicarbonate, which is alkaline. If the urine pH is less than 7, you have too much acid waste.