Testing Your First Morning Urine pH

To test your pH, follow these simple steps:

1. Obtain a packet of pH test paper with a test range of 5.5 to 8.
2. In the morning, just before your first urination, open the test packet and remove one test strip.
3. Wet the test strip with urine. For best results, a 6 to 8-hour period of rest prior to pH testing is needed.
4. As the strip is moistened with urine it will change color. The color relates to the urine's acid or alkaline state and ranges from yellow to dark blue. Match the color of your test strip with the color on the chart provided.
5. Use the pH Tracking Chart below to record the number that corresponds to the color of your urine-moistened tape.
6. Repeat daily until the Tracking Chart is completed.

How do I know if I am acidic or alkaline? The cells of your body function best in an alkaline state. Any number below 7.0 means that your urine is on the acidic side. The lower the number the more acidic the condition. Ideally, **your first morning urine pH should be 6.5-7.5.** When your first morning urine is neutral or just slightly acidic, this indicates that your overall cellular pH is appropriately alkaline.

What if my urine pH is below 6.5? If your readings fall below 6.5, then you should begin changes aimed at alkalinizing your diet. In the beginning, because of the acid-forming tendency of the standard American diet, you may well have low pH readings. Occasionally, you may find a 7.5-8.0 reading; this is acceptable. If your pH readings are consistently greater than 7.5, this occurrence represents a "false alkalinity" and indicates a catabolic state involving tissue breakdown.

These protocols have been adapted from The Joy of Food: The Alkaline Way Guide Book*, Russell Jaffe, MD, PhD, CCN*

First Morning pH Tracking Chart

Date	Time	pH Reading	How do you feel?

Questions? Don't hesitate to contact your nutritionist at 302.454.1200 or email nutritionist@firststatehealth.com