



Is Your Body pH Balanced? Find Out By Testing!

Just like your cholesterol and blood pressure, your pH says a lot about the state of your health. It tells you how acidic or alkaline your tissues and fluids are — and that affects all aspects of your well-being.

The pH scale goes from 0-14, where 0 is very acidic (think battery acid) and 14 is very Alkaline (think lye).

pH does not work like regular numbers do, where 6.0 is "one point less" than 7.0. It works logarithmically, just like the richter scale for earthquakes. For example, someone with a pH of 6.0 is ten times more acidic than someone with a pH of 7.0. Someone with a pH of 5.0 is 100 times more Acidic than someone with a pH of 7.0.

To test the pH of saliva, dip the pH strip into saliva, and remove. Wait 30 seconds and read result. To test urine, place the end of the pH strip in urine stream for a few seconds and remove. Wait 30 seconds and read result. The results of both tests should be averaged. pH should be tested 2 hours after eating a meal, and 2 times daily, for best results.

Always consult a health professional before deciding upon a course of treatment, and for diagnosis of any condition. pH strips are not meant to diagnose, or mediate any health condition. (Results may vary)