FAX # 760-448-2726

Name_____

A. M. Saliva and Urine pH Results

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

Saliva 6.6 to 6.8

Urine 6.0 to 6.4

Cell Debris Measurement-(1st urine only)

+0 No visible particles after 2 minutes
+1 A few visible particles after 2 minutes
+2 A few particles immediately
+3 High visible particles immediately

Please use the pH paper to record the first morning's saliva pH and urine pH in chart below. Also, record the color, clarity, and odor of the urine. Wait at least one hour and record the second urine ph reading. 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	1st Urine pH	Color	Clarity	Odor	2nd Urine pH