

How to Perform

Your pH Test

These instructions are designed for you to use each time you test your pH at home. Refer to them often until you master these simple test procedures. This may seem like a small task, but it's often part of your progress toward optimizing health.

When to Perform this Test:

- It is best to perform this test upon waking after at least 5 hours of sleep.
- If you are instructed to perform this test at some other time of the day, you must not have had anything to eat or drink (except water) for the preceding 2-3 hours.
- If you are instructed to perform the pre- and post-meal salivary pH test, you must have not had anything to drink (except water) for 2-3 hours preceding the pre-meal test. The post-meal test is performed within 5 minutes of finishing the meal. If instructed, you may also take another salivary pH reading two hours after a meal. The same meal and water restrictions apply during that period.

How to Take the Test:

Use of the pH paper

- Purchase pH paper from Chicago Chiropractic Group.
- Note the color guide on the front of the plastic dispenser. You will use this guide to determine the pH each time you do a pH testing.
- To use the pH paper, take one strip per test.
- Only touch one end of this piece and dip the other end into the sample of urine or saliva. Avoid touching the paper to anything else while testing, in order to prevent contamination. Do not ever touch the pH paper to your tongue or mouth: some individuals may have an allergic reaction to the chemicals in the paper.
- To test the pH, dip the clean end of the paper into the sample for less than one second.
- Compare the wet paper to the pH color guide immediately after dipping into the sample. This should only take 3-5 seconds.
- Use this technique for testing both your urine and saliva per the instructions below:

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Urine pH Test

- Refer to “Use of the pH Paper” above on how to use the pH paper.
- Each time you do this test, catch some urine in a small clean container.
- Dip the pH paper into the urine for no more than a second. Avoid touching the paper to anything else to avoid contamination.
- After dipping, immediately compare the color of the paper to the color guide and note your pH.
- Record your pH on the chart entitled “*Your* pH Tracking Chart”. Write in the date.

Saliva pH Test

- Refer to the above on how to use the pH paper. Do not do this test if your lips have creams, emollients or lipstick present.
- Use a clean spoon to test your saliva.
- Provide a correct sample of saliva-here’s how:
 - Close your mouth and briefly and gently suck on your tongue for 1-2 seconds to produce a watery fluid.
 - Don’t just spit out any fluid in your mouth.
 - Don’t try to get a sample by clearing your throat and mouth.
- Gently spit your saliva into the spoon and dip the clean, untouched end of the pH strip into it.
- After dipping, immediately compare the color of the paper to the color guide and note your pH.
- Record your pH on the chart entitled “*Your* pH Tracking Chart”. Write in the date.

Interpreting Your pH Test Results

- The pH scale is measured from 1-14.
- A lower pH corresponds to a higher acid level.
- A higher pH represents greater alkalinity (or lower acidity).