



pH Report

It's been clinically established that the urine's pH is an accurate reflection of the whole body's tissue pH. The urine pH is directly correlated to both tissue oxygen levels and soft tissue levels of minerals, such as calcium, magnesium and trace elements. These minerals are the basic currency of exchange for literally every cell in the body. Goal: 6.4-7.0

	1 st urine pH (after 5am)		Pre-dinner (about 5-6pm)	
<u>DATE</u>	<u>TIME:</u>	<u>pH</u>	<u>TIME:</u>	<u>pH</u>
	<u>AVERAGE:</u>		<u>AVERAGE:</u>	

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- Acidic is below pH of 6.4. This indicates the body is in a state of physiological dysregulation and distress due to lack of sufficient minerals which are needed to adequately carry out thousands of basic cellular functions.
- The immediate goal is to restore a consistently alkaline , first morning urine pH (6.4 – 7.0). If your morning pH is below 6.0 and you have bone loss symptoms, usually larger amounts of calcium, magnesium and trace minerals are needed. Remember to lower your intake of foods that leave an acidic residue: red meat, soft drinks, coffee, white sugar and white flour.