

How to Test Your Overall Body pH

There are 4 parts to this test. Please do all 4 parts to accurately determine your overall pH.

Supplies/Prep For All 4 Tests Below

pH papers (found at most health food stores)

lemon

distilled water

pen

paper

timer

***No food or juice should be eaten 2 hours before beginning part #1 and #2.

Part #1: Saliva pH

Wet a portion of the pH strip with your saliva. Spit directly onto the paper. Do not lick the pH paper or put saliva on your finger, etc. Record the date and results on a piece of paper.

Part #2: The Lemon Test

Squeeze the juice of 1/2 lemon into 2 ounces of distilled water.

Put all juice-water mixture in your mouth and swish it around.

Then swallow. Wait for 2 minutes and then begin testing your pH.

Begin a series of 6 saliva pH tests. Wait for exactly one minute in between each reading.

Part #3: The Urine Test

In order to complete this test, you will have test your very first urination of each day.

Part #4: The Urine Average pH Test

Beginning with the 1st urination of the day, test your urine pH every single time you urinate and write down the results.

Go to sleep that evening and wake up in the morning and test your first urination of the second day.

Now you have a list of numbers. Scratch off the very first number from the first day. Don't include this in your calculations.

Calculate the average pH for the 24-hour period in which you tested.

Email us or post your test results on the facebook group so we can help guide you for a safe cleanse