A.M. Saliva and Urine pH Results

The pH of the saliva and the urine, taken in the morning upon first voiding of the day can reveal much about the metabolic activity of the body. 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

Please use the pH paper to record the first morning's saliva pH and urine pH in the chart below. Also, record the color, clarity, and odor of the urine. Wait at least one hour and record a 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