

## The Significance of your First Morning Urine pH and its Proper Measurement

Your first morning urine pH gives a good indicator of the body's mineral reserve and its acid/alkaline state. The body routinely uses overnight rest time to excrete excess acids. The ability to get rid of these metabolic wastes varies based on toxin load and the individual's ability to make energy; to inactivate toxins; and to excrete them.

### To test your pH, follow these simple steps:

1. Obtain a packet of pH (Hydrion™) test paper **with a test range of 5.5 to 8**. Your local pharmacist or even health food store should have this item or be able to order it for you.
2. For best results, a 6-hour to 8-hour period of rest prior to pH testing is needed.
3. First thing in the morning, just before your first urination, open the test tape packet and cut off two or three inches of the paper tape. Now wet the test tape with urine. (Pee directly on the strip if your aim is good or pee into a cup and dip the strip.)
4. As the tape is moistened with urine it will change color in a range from yellow to dark blue. The color relates to the urine's acid or alkaline state. Match the color of your test strip with the color chart on the back of the test tape packet.
5. Jot down the number that corresponds to the color the urine-moistened tape has become.

This procedure can be done daily to verify a pattern or periodically based on your needs as recommended by your nutrition savvy physician.

### How do I know if I am acidic or alkaline?

- A number of 7.0 indicates the neutral state—neither acid or alkaline. Ideally, your first morning urine pH should be in a pH range of 6.5 to 7.5.
- The cells of your body function best in an alkaline state.
- When your first morning urine is neutral or just slightly acidic, this indicates that your overall cellular pH is appropriately alkaline and that the small amounts of acids built up from normal metabolism have been easily concentrated for excretion.
- The lower the number, the more acid the conditions in your body. Any number below 7.0 means that your urine is on the acid side. Little increases mean a lot. For example, a number of 5.0 indicates 10 times more acidity than 6.0.

### What if my urine pH is below 6.5?

If your readings consistently fall *below* 6.5, then you should begin changes aimed at alkalinizing your diet. Refer to the Food pH Chart for the effect a food will have on your body. In the beginning, because of the acid-forming tendency of the standard American diet, you may well have low pH readings. As you build mineral reserve, occasionally, you may show a 7.5 to 8.0 reading—this is acceptable.

If your pH readings are consistently *greater* than 7.5, consult your health practitioner as this may represent a "false alkalinity" involving tissue breakdown.