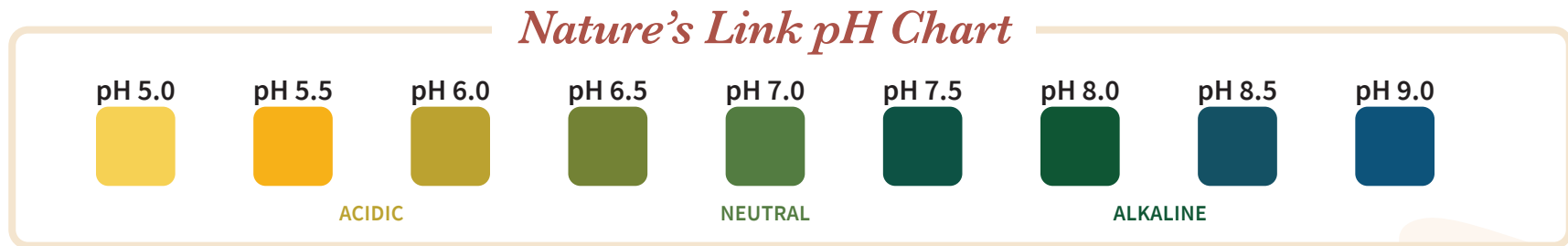


## Track Your pH

Day & Date	Urinary pH (6.5)		Saliva pH (7.5)		Quantity of Sleep	Foods Eaten Day Before
	Morning	Other	Morning	Other		
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11.						
12.						
13.						
14.						
15.						
16.						
17.						
18.						

Day & Date	Urinary pH (6.5)		Saliva pH (7.5)		Quantity of Sleep	Foods Eaten Day Before
	Morning	Other	Morning	Other		
19.						
20.						
21.						
22.						
23.						
24.						
25.						
26.						
27.						
28.						
29.						
30.						



*What is your pH?*

pH values range from 5.0 to 9.0 with the middle of 7.0 being neutral. Anything lower than 7.0 is acidic. Anything greater than 7.0 is alkaline.

If either the saliva or urine pH number is below 6.4, the stomach empties too rapidly and food is not properly digested.

If either the saliva or urine pH number is above 6.4, digestion and elimination are too slow which allows more putrefaction.

*The pH (potential of Hydrogen) is a measure of how acid or alkaline a solution is -- a measure of its hydrogen ion concentration. The higher the pH reading, the more alkaline and oxygen-rich a solution is. The lower the pH reading, the more acidic or oxygen deprived a solution is.*