

How to Test Your Urine pH Balance

You can test your saliva but to get the most accurate results, it is best to test your urine.

What you need:

A roll of testing pH paper or pH strips (pH strips with a range of 6.0-8.0 pH are best)
Most Health Food stores and Pharmacies will often have them.



When to Test:

First thing in the morning, preferably after 6 hours of sleep without urinating, 1 hour after meals and again before you go to sleep. Test 3 - 5 times a day at the beginning till you begin to see the average and patterns.

Testing Your Urinary pH - Urine testing is the most accurate.

How to do it:

1. You need to use a midstream urine sample as this will give more of an average reading.
2. Men or boys should wipe clean the head of the penis.
3. Women or girls need to rinse the area between the lips (labia) of the vagina.
4. Get a test strip or tear off a three-inch piece of paper from the roll.
5. As you start to urinate, allow a small amount to fall into the toilet bowl (this clears the urethra of contaminants).
6. Then, either urinate directly on the paper or collect urine midstream into a cup and dip the paper into the urine in the cup.
7. You may finish urinating into the toilet bowl.
8. Compare the color of your pH paper with the color chart on the pH testing roll.

The ideal pH range is 6.8 to 7.2+.

For urine, a slightly higher pH level of 7.5 is fine. Urinary pH will usually be lower in the morning and higher in the evening. In the morning there may be more acid waste. You can likely see urine pH become more alkaline as the day progresses.

Readings below 6.5: Most people will have low pH readings due to an acid-forming diet and as we know this is the cause of so many health issues such as lung disease, complications of diabetes, starvation, or diarrhea. Cancer patients have been known to test 4.5 or lower, particularly when their cancer is terminal.

Readings above 7.5: A highly alkaline reading could be caused by kidney failure or a urinary tract infection. If you consistently get readings at 8.0, contact your health professional.

The pH of the urine is not as affected by digestive enzymes as salivary pH. It is affected by:

- as excess minerals & vitamins
- preservatives you ate
- pollutants you breathe
- the food you eat
- how much water you drink
- toxins being eliminated
- drugs

Please Note: pH testing with the paper won't give you an exact level of the pH level of your blood or organs. It is not completely accurate, but still close enough to give you a good idea as to the pH levels in your blood and in your internal organs.