



How To Test Your pH

The 8 Secrets to Optimal Breast Health

Testing for pH

The pH strips we recommend: [Hydrion Ph Paper \(93\) with Dispenser and Color Chart - Full Range Insta Chek ph- 0-13](#)



SALIVA:

Take a saliva reading before and after meals.

The alkaline levels of your saliva should be greater after meals because there is an abundance of alkaline-rich minerals in saliva. When testing your saliva after a meal, wait 60 minutes.

If the pH level is lower than 6.75, then your alkaline mineral reserves are low.

If your salivary pH is below the optimal range of 6.75 - 7.25, this means that you are too high in acids and too low in minerals.

Until your pH is corrected, it is very difficult for your body to heal, lose weight, or increase energy levels.

URINE:

For best test results, test your 2nd urination in the morning.

The pH of your early morning urine reflects the pH of your bodily tissues.

It is vital that your body tissues are alkaline. You will likely see urine pH become more alkaline as the day progresses.

The normal rate of acid excretion through the kidneys gives urine a pH that falls between 6.75 and 7.25. This is your target range for optimal health.

Your body is alkaline by design and acidic by function. This means that your body produces acidic waste products and needs a supply of minerals to buffer these acids.

If your body does not have sufficient minerals, your body becomes acidic.

Signs of an acidic body include inflammation, pain, weak bones, inability to lose weight, a poor immune system, tooth decay, and low energy levels.

Tips for Increasing Alkalinity and Reducing Acidity

DIET:

What you eat dramatically affects your pH.

Reduce Acidic Food and Drink

The most effective way to alter pH is to reduce the amount of acidic foods you eat.

There is no supplement in the world that can overcome a diet consisting of mostly acid-forming foods. The most acidic foods include coffee, dairy, meat (beef, pork, chicken, turkey, etc.), sugar, and processed foods.

By reducing your intake of acidic foods, you have a great start to helping your body heal.

Increase Mineral-Rich Food

You can also help your body by increasing your intake of mineral-rich foods.

These include dark leafy greens, all other vegetables, most fruits, sprouts, wheatgrass, and unprocessed salt (not regular iodized table salt).



STRESS:

Even if you have a great alkaline diet, excessive stress can throw your body's pH off balance.

Some of the best reducers of stress include deep breathing and exercise.

BREATHE: Take a few deep breaths every half hour or so. When you inhale, hold your breath and then slowly exhale. This helps to reduce your production of stress hormones.



EXERCISE: Our favorite exercise is rebounding on a mini-trampoline. It is very helpful for detoxification and also burns 38% more calories than running!

A FEW EXTRA TIPS:

- Increasing your water intake will help you flush out acids
- Soak in a bath with 2 cups of baking soda
- When your body is overly acidic, you are more vulnerable to the formation of biofilms and overgrowth of microbes in the gut

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