

Michael Cheikin MD Holistic Medicine & Physiatry

pH Testing

832 Germantown Pike, Suite 3 Plymouth Meeting, PA 19462 610-239-9901 www.cheikin.com

2/2/2018 ph_testing_r02.docx

pH is a measure of acid-base, where neutral is 7 (water), 1 is the strongest acid (such as hydrochloric acid), and 14 is the strongest base (such as lye). The pH of blood is 7.4, slightly alkaline, while the pH of the stomach during digestion is normally between 1 and 2 (very acidic). Therefore, stating that we are "acidic" or trying to get "alkaline" are over-simplifications.

In order to maintain a very stable blood pH, the body excretes acid (or base) in the urine, stool, breath and other means (such as using calcium as a buffer). Testing urine and salivary pH are indirect measures of bodily processes. While not diagnostic in themselves, observing patterns and trends can be helpful *in conjunction with* changes in diet, supplements, exercise, sleep, breathing patterns, lab testing etc.

How to use pH Strips: Put a single drop or two of urine or saliva on the strip and read immediately.

When to test pH: Best times are first thing in the morning upon awakening, and mid-afternoon before dinner.

How to test urine pH: Put a single drop of mid-stream (not initial) urine on the strip. The strip can be flushed.

How to test salivary pH: Upon awakening, you can take a small sip of water if your mouth is dry. Collect saliva in your mouth and swallow x 2, then the third time put a drop of saliva on the pH strip. **Later in the day**, wait for at least 30 minutes after eating. Rinse mouth with water. Collect saliva in your mouth and swallow x 2, then the third time put a drop of saliva on the pH strip

Date	Time	Urine pH	Salivary pH	Notes/symptoms
		<u> </u>		
