Julie E
Simple Solutions for Health

pH Tracking

pH Report

It's been clinically established that the urine's pH is an accurate reflection of the whole body's tissue pH. The urine pH is directly correlated to both tissue oxygen levels and soft tissue levels of minerals, such as calcium, magnesium and trace elements. These minerals are the basic currency of exchange for literally every cell in the body. **Goal: 6.4-7.0**

	1st urine pH (after 5am)		Pre-dinner (about 5-6pm)	
DATE	TIME	pH	TIME	pH
Average:				

How to Understand the Test Results



- Acidic is below pH of 6.4 (more YELLOW). This indicates the body is ACIDIC - in a state of physiological dysregulation & stress due to lack of minerals which are needed to adequately carry out thousands of basic cellular functions. **go have vegetables or a green drink and recheck! Still Acidic? Take more MINERALS and if that still doesn't work, you need a more functional nutritional (an anti-infective or a detox type of nutrient).

- Blue reading is also not good. Means you are BREAKING down bone to keep the body alkaline. When you fluctuate from acidic to alkaline often – people end up with bone spurs and issues with their discs (spine). You MUST take minerals ASAP and get back to green or at least gold. Also address your diet – if you eat mostly acid forming foods – make some edits.