



Instructions for pH Balance

Your pH is dependent on your diet, exercise levels, and stress levels. Every waste product of your metabolism is an acid byproduct that has to be buffered. Therefore your pH output will vary. However, the goal is to get it buffered especially overnight when the liver clears the bloodstream of wastes (alkaline tide changeover).

The purpose of this program is to balance your urine acid output to slightly acid. This will mean your body has taken in enough alkaline minerals so it is willing to give them up into the urine. If you are very deficient, it will take some time as the minerals will be used up in the bloodstream and tissues. When the body is getting enough minerals in the tissues, it will be able to release acids to the bloodstream and crystals, tight tissues, cramps, aches and pains will begin to disappear.

pH Dipsticks - *Only check pH on the first morning urine.* If you go to the bathroom in the middle of the night, that is ok. Still check morning urine only!

- Tear off 1 strip and dip the tip in urine stream or sample.
- Compare the color of the strip with the comparison chart.
- The goal is to get to **6.8** - the upper right color - on a consistent basis.

pH Tabs - The tablets are concentrated alkaline minerals - calcium, potassium, sodium, and magnesium designed to easily absorb and buffer acids in the body. It is important to understand how to regulate their usage.

- Start with **3 tabs morning** and **3 tabs evening** with some water.

Check the morning urine pH and record the results.

- If it is acid (lower than 6.8) continue dosage of 3 tabs 2x daily for one or two more days.
- If after 2 days it is still lower than 6.8 - increase by 2 or 3 tabs midday.

The goal is to get the urine dipstick looking dark green (alkaline) in the morning.

Once it is over 6.8 - cut back on the morning dose to 1 or 2 tabs - and continue with the evening dose for about 2 nights - if morning urine is still going above 6.8 then cut back evening dose by 1 tab until pH hits around 6.8 consistently.

Record your pH results and your schedule of tablets taken each day and bring with you to your next office appointment - usually 1 to 2 weeks after starting.

