Urine pH Test

Urine pH indicates the environmental conditions in which our cells live and function. The urine is an excellent indicator to determine if our diet is too rich in foods that make us acidic or alkaline. Generally speaking, fruits and vegetables are more alkaline forming, while meats, sugar, caffeine, beans, dairy and grains are more acid forming, but this is not a hard rule due to individual body types. The principal acid generator is negative thoughts. The most important organic mineral used to neutralize acid ash is sodium. The second most important organic mineral for buffering acid ash is calcium. When body pH is too low (acidic), it will rob sodium from the gallbladder bile and leave cholesterol in a solid form rather than liquid due to the abscense of bile salts and thus gallstones can be formed.

Symptoms associated with acidosis are headaches (frontal), hyperactivity, insomnia, strong appetite, arthritis, strong smelling urine, excessive head mucous, inefficient function of kidneys, lungs, adrenals. Some causes of acidosis include disorders of the adrenals, kidney, and liver as well as improper diet, malnutrition, obesity, ketosis, stress, negative emotions, anorexia, toxemia, fever, and excessive amounts of niacin, vitamin C, or aspirin. Some symptoms of alkalosis are bad breath, headaches (side of head, temples), leg and muscle cramps, low blood pressure, paleness, sluggishness, and joint and muscle pain.

The test uses pH paper. Hold about a 3 inch piece in the urine stream and immediately compare to the color chart on the box to determine the pH. It is best to test the pH of your urine for 24 hours. Simply keep track of the pH throughout the day and then average it out. If you are only going to take one reading, take it about midday and not the first release of the morning. The optimal urine pH is between 6.4 and 6.8 on the pH scale. If your average is below six, you are definitely too acidic. If your average is above seven you are too alkaline. Alkaline urine (pH above 6.8) is the perfect environment for bacteria and urinary tract infections. People that are consistently acidic (pH below 6.4) do not optimally digest carbohydrates and fats.

Urine pH reading	Time of day
1.	
2.	
3.	
4.	
5.	
6.	
7.	