INTEGRATIVE FAMILY MEDICINE, LLC

7750 Montpelier Road, Laurel, MD 20723 ❑ Office/Fax: 888-953-0005 ❑ ifm@onebox.com ❑ www.mdfamilyphysician.com

pH Worksheet

pH testing will give us an assessment of your acidity. You can get the pH strips (litmus paper) at some health food stores, Durable Medical Goods/Equipment stores, or pharmacies; (call first to make sure they have it). You can also get it online. Check both at least 3x/day for 3 days. Bring this log to your follow-up appointment.

SALIVA: Swallow first (get rid of acidic bacteria). Don't test right after eating/drinking: Check saliva 1 hour before or 2 hours after meals. Ideal is about 6.4.

URINE: Ideally, let some urine flow first. Urine is more affected by food. Test urine first thing in the am (more acidic in am) and between meals. Note the food you have eating. Ideal is about 4.6 – 6.5

Name:

Time	Saliva pH	Urine pH →	→ Prior Meal (within 3 hours) with Drink
First am	5.5	4.5	Dinner @ 7: 6 oz chicken, water, steamed broccoli
8a	----------	5.5	Breakfast @ 7, bran flakes with milk
Noon	6	----------	----------
2p	----------	5	Lunch @ 1: Turkey sandwich with potato chips, milk