Healing Path CENTRE FOR NATURAL MEDICINE
33 Dupont St. E., Waterloo, ON, N2J 2G8 • 519.578.7000 • www.healingpathcentre.com

CHARTING YOUR SALIVARY pH

The pH of the saliva provides important information about the the strength of the digestive system. Low salivary pH may be due to inadequate detoxification of acids. It may be associated with heart burn or GERD. High salivary pH may be related to stress within the liver and pancreas, affecting your ability to properly digest foods.

Salivary pH should be taken twice a day. Take the first measure immediately after rising, before brushing teeth or eating. Lick the end of a strip of pH paper and compare the colour to the chart. Record the number below. The pH should be 6.6 to 6.8. It should not be below 6.0.

The second salivary pH should be taken as above, but 5 minutes after breakfast. Record the number below.

Please bring this chart to your next visit.

Date	1st morning pH	2nd pH (after breakfast)	Date	1st morning pH	2nd pH (after breakfast)