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

## CHARTING YOUR pH BALANCE

The pH of the urine, taken as outlined below, provides important information about the metabolic activity of the body. When our urine has a pH that averages below 6.8, it means that fluids elsewhere in the body are too acidic and are being dumped in an effort for the body to become more alkaline. It also means that we have a shortage of alkaline minerals to neutralize the acids our bodies produce.

Foods affect our pH levels based on their mineral content. Those that have an abundance of the alkaline minerals will raise pH levels, while those that do not will lower it (A pH above 7 is considered alkaline; below 7 is acid). Coffee, alcohol, sugar, drugs, refined foods and meat all promote acidity. Fruits and vegetables contain organic acids, which become carbon dioxide and water when oxidized in the body. Their alkaline minerals remain in the blood to neutralize acids.

Please use the pH paper to record the first and second urine of the day, and a mid-afternoon urine pH. Chart it below.

| Date | 1st urine pH | 2nd urine pH | After noon pH | Date | 1st urine pH | 2nd urine pH | After Noon pH |
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