
pH Paper

Body pH is measured by testing the urine with pH Paper.

The pH balance of the soft tissue is reflected in the urine pH. The urine pH is a representation of both tissue oxygen levels and the minerals in the soft tissue. For optimal oxygen and mineral levels in the body, the urine pH should ideally be in the range of 7.4 to 7.8.



The status of the digestive tract is reflected in the saliva pH. This pH should also be in an alkaline range of 7.4+ for optimal secretion of salivary enzymes, which assist with normal, healthy digestion.

The best times of the day to obtain accurate readings of the urine pH are at the first urine of the day (after 5AM), and before dinner in the evening (5-6PM). When the urine pH is consistently in range for these times of the day, it is an indication that enough minerals are available in the body during the day and throughout the night. The saliva pH can be checked at anytime of the day. To test the pH, simply tear off about half an inch of pH paper and apply a few drops of urine or saliva. The color of the pH paper will match up to the numeric values on the chart.

Acidic urine or saliva may not initially change the yellow color of the pH test paper. However, as more minerals are introduced into the diet and the mineral reserves are replenished, future tests with the pH paper will change in color. The dark green and blue colors on the test paper reflect an alkaline pH.

Vegetables, especially leafy greens, vegetable juice extractions, and superfoods, such as spirulina and wheatgrass juice, are ideal for improving our mineral reserves. However, consistently eating an alkaline forming diet may be challenging for many reasons. Using immunologic's mineral-rich products, such as pH Salts, pH Greens and ionic mineral drops, are an efficient way to shift and maintain a normal, healthy pH.