



## Developing an Alkaline Diet: Test Instructions for using pH Paper

The first step in establishing a health promoting alkaline diet is to assess your current first morning urine pH. This is a good measure of your average body pH:

1. Obtain the pH test paper. This test tape measures acid-alkaline states.
2. First thing in the morning, just before urinating, open the test tape and cut off 2 to 3 inches of the paper tape. Next, wet the tape with urine (either by urinating directly on the tape or by collecting the urine in a cup and dipping the tape into the urine).
3. As the tape is moistened with urine, it will take on a color. Match the color of your test strip with the color on the chart on the back of the test tape packet.
4. Jot down the number that corresponds to the color that your tape has taken on. Any number below 7 means that your urine is on the acid side. The lower the number, the more acidic the condition. For example, a number of 4.5 indicates considerable acidity, while 6.0 indicates much less. A number of 7 indicates the neutral state. Ideally, our first morning pH should be 6.5 to 7.5.
5. If your reading is below 6.5, then you are advised to begin changes aimed at alkalinizing your diet.