



At-Home pH Testing

Health is all about balance. When you improve the acid/alkaline balance of the body, you simultaneously improve every other system in the body. To function properly, the blood and other body fluids must maintain a very narrow acid/alkaline balance which is measured by the pH factor (potential hydrogen).

pH ranges from 0-14 (very acidic to very alkaline). **A pH below 7.0 is acidic and above 7.0 is alkaline.**

Note: there is a tenfold difference between each number. For example, a pH of 5.0 is 10 times more acidic than a pH of 6.0.

Blood pH does not shift easily. The pH of our blood is between 7.25-7.45, and if the blood's pH falls below or above that range, the body cannot function. A tremendous amount of energy is then expended to maintain blood pH levels, and the body is forced to pull from its alkaline mineral reserves, therefore causing deficiencies and health disorders.

When we maintain proper pH levels, injuries heal faster, and health challenges improve more quickly. This is because the body is oxygenated and, therefore, can detoxify and heal itself. If cells are energized in this way, we develop strong immunity to disease and a significantly lower propensity for cancer. We will teach you how to do this throughout the program.



Symptoms of an acidic body

• Weight gain	• Low energy/exhaustion	• Chronic Inflammation
• Increased toxins	• Mental fog	• Heartburn
• Digestive issues	• Acid reflux/GERD	• Cancer
• Gingivitis	• Osteopenia	• Osteoporosis

Since there is no lab work involved in GT5, we want you to have easy, free, at home tests you can do to measure your progress, and the pH test is one of them.

Pathogens are acidic. They excrete metabolic waste that is highly acid forming. It's likely you are acidic and that you could continue to be acidic all the way until after the re-seeding phase. Use this test as a gauge but try not to obsessively check your pH as health is a process and it will change and improve over time.

Keep this sheet, along with a pen, in the bathroom for **six days** to note your pH balance. You can print off two copies and do this pH test again AFTER you have finished your Pathogen Purge to measure your progress.

Upon waking, test your saliva with the pHdrion paper. Wet the end of a pHdrion test strip with your saliva before brushing your teeth, drinking, or eating. Note the color change and write down the corresponding pH number on the appropriate blank below. The pH should fall between 6.8 and 7.2. The lower the number (yellow), the more acidic you are. The higher the number (green), the more alkaline you are.

Test Start Date: _____

1st Saliva:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
_____	_____	_____	_____	_____	_____



After testing your saliva (if it is acidic, you must oil pull and tongue scrape throughout this program to clean up your microbiome), test your first urine of the morning between 5-8 a.m., even if you go back to bed.

This is urine that has been stored in your bladder during the night and is ready to be eliminated when you get up. Urinate on a clean strip of the pHydrion paper, note the color change, and write down the corresponding pH number. If your body has efficiently eliminated excess acid during the first four hours of sleep, this reading should be more acidic than your second reading. This number, compared with the second urine reading, will let you know if your body is doing efficient, clean-up work during sleep to remove acid from the joints.

1st Urine:

Day 1	_____	Day 2	_____	Day 3	_____	Day 4	_____	Day 5	_____	Day 6	_____
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Next, test your second morning urine (before eating if possible).

Please wait to drink your lemon water until after the 2nd Urine test has been completed.

This number should be the pH of your second urine after you have eliminated the acid load from the day before (first urine). The acids should be gone the second time you go to the bathroom, so your urine pH should ideally read from around 6.8 to 7.2. This second reading is very important because it indicates what your body chemistry is like during the day.

2nd Urine:

Day 1	_____	Day 2	_____	Day 3	_____	Day 4	_____	Day 5	_____	Day 6	_____
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You can purchase pH strips at your local health food store or on Amazon, [HERE](#).

Following is a chart showing “Food Effects on Acid-Alkaline Body Chemistry.” We recommend printing this page and keeping it on your refrigerator to familiarize yourself with more alkaline-forming foods.

Food Effects on Body Alkaline Chemistry

Most Alkaline	More Alkaline	Low Alkaline	Lowest Alkaline	Food Category	Lowest Acid	Low Acid	More Acid	Most Acid
lime nectarine persimmon raspberry watermelon tangerine	grapefruit cantaloupe honeydew mango dewberry loganberry	lemon pear apple avocado blackberry cherry peach papaya	orange apricot banana blueberry pineapple raisin/currant grape strawberry	fruit	guava dried fruit fig date	plum prune tomato	cranberry pomegranate	
lentil yam onion daikon taro root sea vegetables burdock	kohlrabi parsnip garlic kale parsley endive mustard greens ginger root broccoli sweet potato	potato bell pepper mushroom cauliflower eggplant pumpkin collard greens	brussel sprouts beet chive okra turnip greens squash lettuce	vegetables beans legumes	spinach fava beans kidney beans string beans chutney rhubarb	tofu pinto beans white beans navy beans aduki beans lima beans chard	green pea peanut snow pea carrot chickpea	soybean carob
pumpkin seeds	poppy seeds	primrose oil sesame oil cod liver almonds sprouts	avocado oil seeds (most) coconut oil olive oil flax oil	nuts seeds sprouts oils	pumpkin seed oil grapeseed oil sunflower oil pine nuts	almond oil sesame oil safflower oil	pistachio pecan canola oil	hazelnut walnut brazil nut
			quinoa wild rice	grains cereals	millet kasha bastille amaranth brown rice	buckwheat wheat spelt semolina	corn rye oat bran	barley
				fowl	wild duck	goose turkey	chicken	pheasant
				meat fish shellfish	venison fish	lamb elk shellfish	pork veal mussels/squid	beef lobster
		quail eggs		eggs	chicken eggs			
		raw goat milk	raw milk	dairy	cream yogurt	pasteurized cow and goat milk aged cheese soy cheese	casein fresh cheese	processed and pasteurized cheese ice cream
		green tea	ginger tea	beverages	espresso	black tea	coffee	alcohol
	molasses	rice syrup raw honey stevia liquid coconut sugar	sucanat	sweeteners	maple syrup	stevia powder	saccharin	sugar cocoa
		apple cider		vinegar	rice vinegar	balsamic vinegar		white vinegar
baking soda	spices	herbs (most)		other	curry	vanilla	nutmeg	jam/jelly

70% ← —————→ 30%