



PERQUE LLC

44621 Guilford Drive, Suite 150 • Ashburn, VA 20147 • Phone: 800.525.7372 • Fax: 703.450.2995
Web site: www.PERQUE.com • Email: clientservices2@PERQUE.com

The Significance of Your First Morning Urine pH and Its Proper Measurement

Your first morning urine pH gives a good indicator of the body's mineral reserve and its acid/alkaline state. The body routinely uses overnight rest time to excrete excess acids. This capacity varies based on toxin load and individual ability to make energy, to make toxins inactive, and to excrete them.

How does one monitor the pH?

To test your pH, follow these simple steps:

1. Obtain a packet of pH (Hydrion™) test paper with a test range of 5.5 to 8. Your local dispensary or pharmacist should have this item or be able to order it for you.
2. First thing in the morning, just before your first urination, open the test tape packet and cut off two or three inches of the paper tape. Now wet the test tape with urine. For best results, a 6-hour to 8-hour period of rest prior to pH testing is needed.
3. As the tape is moistened with urine it will change color. The color relates to the urine's acid or alkaline state and ranges from yellow to dark blue. Match the color of your test strip with the color chart on the back of the test tape packet.
4. Jot down the number that corresponds to the color of the urine-moistened tape has taken on. This can be done daily or periodically based on your needs as recommended by your physician.

How do I know if I am acidic or alkaline?

Any number below 7.0 means that your urine is on the acid side. The lower the number, the more acid the condition. For example, a number of 5.0 indicates 10 times more acidity than 6.0. A number of 7.0 indicates the neutral state, neither acid or alkaline. Ideally, your first morning urine pH should be in a pH range of 6.5 to 7.5. When your first morning urine is neutral or just slightly acidic, this indicates that your overall cellular pH is appropriately alkaline and that the small amounts of acids built up from normal metabolism have been easily concentrated for excretion. The cells of your body function best in an alkaline state.

What if my urine pH is below 6.5 ?

If your readings fall below 6.5, then you should begin changes aimed at alkalinizing your diet. Listed in *The Alkaline Way* are simple modifications that will help alkalinize your system. In the beginning, because of the acid-forming tendency of the standard American diet, you may well have low pH readings. Occasionally, you may find a 7.5 to 8.0 reading; this is acceptable. If your pH readings are consistently greater than 7.5, this occurrence represents a "false alkalinity" and indicates a catabolic state involving tissue breakdown. If so, discuss this with your health practitioner.