

# “Connecting to Wellness” Cheat Sheet

## 1 Corinthians 6:19-20

**Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.**

### NUTRITIONAL TEST - PH BALANCE



Urinate or spit in a cup. Tear off a strip of PH paper or take a PH strip and dip into urine or saliva. Read results and compare to chart. Record results.

PH \_\_\_\_\_

One test can be done at our office. Strips can be bought at Back to Life Chiropractic, health food stores or online.

**Urine pH** is used to classify urine as either a dilute acid or base solution. Seven is the point of neutrality on the pH scale. The lower the pH, the greater the acidity of a solution; the higher the pH, the greater the alkalinity. The glomerular filtrate of blood is usually acidified by the kidneys from a pH of approximately 7.4 to a pH of about 6 in the urine. Depending on the person's acid-base status, the pH of urine may range from 4.5 to 8.

Secretion of an acid or alkaline urine by the kidneys is one of the most important mechanisms the body uses to maintain a constant body pH.

Acid	Healthy Body pH Range	Alkaline
< 5.0	5.0 5.5 6.0 6.5 7.0 7.5	8.0 8.5 9.0 9.5+

PH

If your PH is 4.5-6.25 score yourself a 1. 6.5-6.75 your score is a 2. 7.0-7.5 give yourself a 3.

4.5-6.25

6.5-6.75

7.0-7.5

<b>1</b> SICKNESS · CRISIS	<b>2</b> AVERAGE	<b>1.</b> PREVENTION · WELLNESS
<a href="http://www.connectingtowellness.com" style="color: white; text-decoration: none;">www.connectingtowellness.com</a>		

RE-EVALUATE

30 DAYS   45 DAYS   90 DAYS   120DAYS   1/2 YEAR   \_\_ YEAR

DATE \_\_\_\_\_ NAME \_\_\_\_\_

PH TEST	SCORE	
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