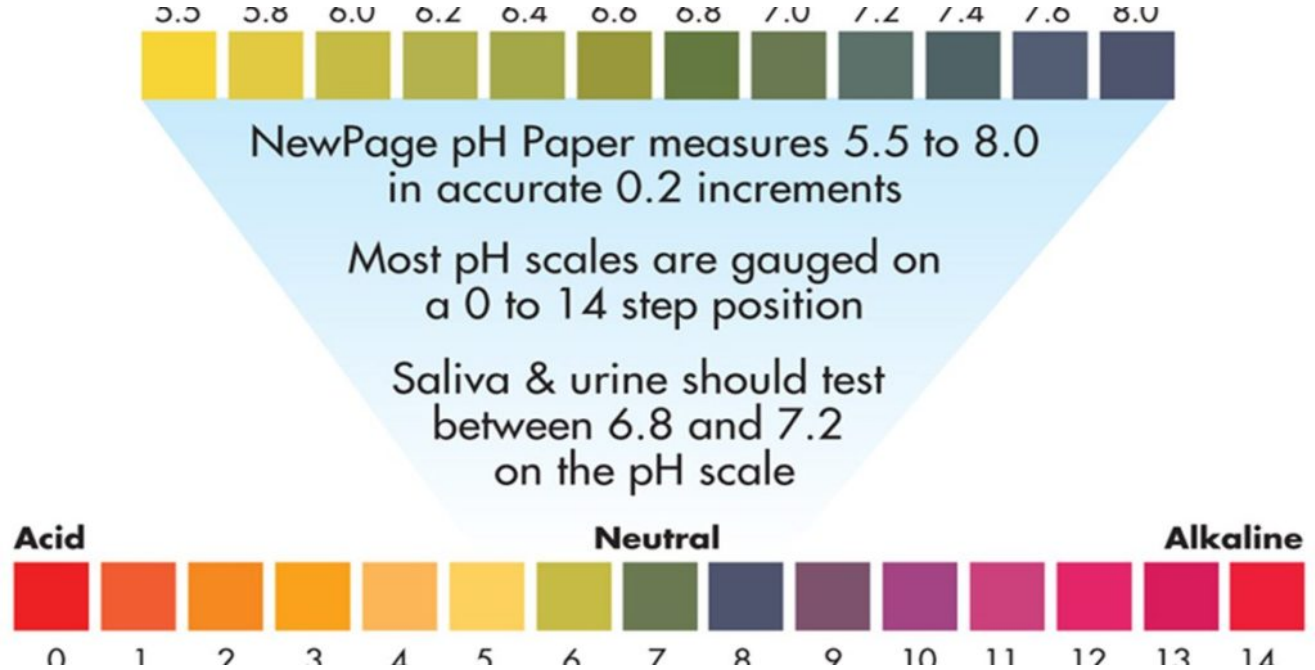
HEALTHY TIPS

2-Second at Home Tests to Determine Your pH Level

By bestfolkmedicine · 01/07/2018 · 2 min read



If we ask people what their pH level is, most of them would probably not know the answer and some might not even know what you are talking about. However, knowing your pH levels is pivotal and may provide important insight into why you are constantly tired or why you struggle with weight, joint ache, and other health problems. And, you will not need to spend a small fortune on testing because it is easily affordable and can be done at home. But, first, let's learn more about what pH actually is.

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The Basics of pH

pH refers to hydrogen potential and it measures the level of hydrogen ions in a specific solution and the higher the level of ions, the higher the acidity and vice versa, i.e. the fewer the ions, the more alkaline the solution is. The scale of measure ranges from 0 to 14 and zero is the most acidic end whereas 14 is the highest alkaline end. A pH of 7 is considered to be a neutral range.

How to Test Your pH Levels at Home

Believe it or not, measuring your pH has never been easier! You just need to purchase pH strips from the closest pharmacy or drugstore or order it online. These strips have characteristics which allow them to switch in color when they are in a contact with an acidic or an alkaline ingredient.

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To start the testing, place the strip in a flow of urine and hold it for one to two seconds and then remove it. The stick will change in color and now you need to match it with the color chart which comes in package with the strips.

The results often depend on a lot of contributing factors like diet, time of day, etc. Hence, to make sure you get an average reading of your pH, do three tests per day for 5 days in a row. Measure the pH with the second urine release in the morning, prior to lunch, and prior to dinner.

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Testing Your Saliva pH

First, spit into a clean container and then dip the strip into the liquid. Hold it for one to two seconds or until the test strip changes in color. Then, match it with the color chart. Saliva measurements also vary according to the time of day and the foods you have consumed. After brushing your teeth, wait for an hour or two before you do the test and half an hour after you eat. For optimal reading, do three tests per day for 5 days in a row, before lunch and before dinner.

Sources;

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