



pH BALANCING

(7-Day Form To Record Test Results)

Dr. Donna F. Smith

NAME: _____

D A Y	Date	Time	URINE pH Number		URINE TEST RESULT ✓ AL or AC		SALIVA pH Number		SALIVA TEST RESULT ✓ AL or AC		Coral Legend Dosage in teaspoons	Aloe Powder Dosage in teaspoons	COMMENTS
			A.M.	P.M.	AL	AC	A.M.	P.M.	AL	AC			
	00/00/00	00:00											
M													
T													
W													
Th													
F													
S													
Su													
S	01/01/14	06:45	6.2			✓		7.0					At 6:45 A.M. urine was acid and saliva was ideal (balanced pH).
S	01/01/14	04:30		6.5			7.8		✓				At 4:30 P.M. urine was ideal (balanced pH) .and saliva was alkaline.

Ideal pH is 6.4 to 7.0 • Testing at the same time(s) daily provides the best results. • For A.M. test after at least 6 hours sleep; P.M. before 5 p.m.

DATE: MM/DD/YR • **TIME:** XX:XX Example: 6 a.m. is 06:00; 6:15 p.m. is 06:15 • **URINE OR SALIVA PH NUMBER** is the number on the pH paper.

TEST RESULT: ✓ row under **AL** Column for Alkaline pH Number (7.1 or over) **Or** under **AC** column for Acid pH Number (6.3 or below).

WHEN PH IS IDEAL (On or between 6.4.-7.0) Shade the row under both the AL and AC columns. • **S** = Two rows of Sample Recordings for a.m. and p.m. tests.

COMMENTS: Any additional information to report. • **CORAL LEGEND AND ALOE POWDER**, put the total teaspoons consumed in water or juice on test date.