



pH Testing

PLEASE NOTE: pH ranges vary depending upon the body fluid being measured. Therefore, the ideal pH range for the Urine Test, which uses your urine as the base, is different from the ideal pH range for Lemon Test, which reads from your saliva. When checking your pH, please be sure reference the range that corresponds with the type of test you are using.

The Lemon pH Test– For checking your pH while doing The Cleanse

Note: No food or juice should be taken for 2 hours before beginning the pH test.

Squeeze the juice of ½ of a lemon into 2 ounces of distilled water. No sweeteners! Take all the juice at once, swish in your mouth and swallow. Wait for 2 minutes, and then begin a series of 6 saliva pH readings. Wait 60 seconds between each reading. Record each reading. At least one of the last 3 readings must show a passing result in order to move forward with The Cleanse.

8.0 or Above:

You passed! This indicates that your liver has adequate electrolyte reserves available.

7.5 – 7.9:

You barely passed and may proceed with The Cleanse, but should boost your electrolyte levels while cleansing.

7.0 – 7.4:

Indicates that you have some reserve of electrolyte minerals, but not as much as is needed. Work on increasing your electrolyte reserves. Only the mild phase may be used.

6.9 or Below:

Indicates a possible serious condition. Electrolyte reserves are very low and both the liver and digestion are affected. Only the mild phase may be used and additional support from your healthcare practitioner is advised.

**We recommend the Lemon pH Test during The Cleanse. The Urine Test is an excellent way to gauge your pH before cleansing. As you proceed deeper into The Cleanse, your body will be releasing more toxins, and the Urine pH Test may give you an inaccurate reading. During The Cleanse, the Lemon pH Test will give you a more accurate pH reading so you can determine whether you are maintaining adequate electrolyte reserves.*

The Urine Test – For checking your pH before starting The Cleanse

We recommend the urine pH test before beginning The Cleanse. The urine pH test is the best way to determine whether or not your body has enough electrolytes. You will need pH paper and to only consume vegetables, vegetable juice and water for one day before you do this test. The morning of the following day, wet a strip of pH paper in a mid-stream of urine and record your results.

7.0 or above:

You passed! This indicates that your body has a good supply of electrolytes and is eliminating the excess through urine.

6.5 – 6.9

Indicates some electrolyte depletion, but not a serious one. Your body is storing some electrolytes, but is releasing some as well. It should be easy for you to replenish your electrolytes before cleansing.

5.6 – 6.4

A few of the electrolytes from your food are being saved, but your electrolyte reserve is low.

5.5 or below

Your body is depleted of electrolytes. Only the mild phase of The Cleanse is recommended.

Please call our dedicated Cleanse Support Line at 541.282.5601 if you have further questions regarding pH testing.