

ALKALINE SALTS

Test first morning urine pH value after 3:00 AM.

Ideal is about 6.8.

If the number is below 6.8 take 1/8 to 1/2 tsp alkaline salts in hot water twice daily at 10:00 AM & 4:00 PM, on an empty stomach, or at least 2 hours away from any food (2 hours before and after food).

Taking the alkaline salts too soon before or after food will neutralize stomach acid and cause digestive disturbance and discomfort.

The powder is mixed in hot water to help it pass through the stomach and into the small intestine more quickly.

Increase salts dose (max.1/2 tsp) if pH is less than 6.8 and reduce dose if AM pH is greater than 6.8.