

pH Tracking – Urine

1st week

- Monitor 1st morning pH (anything after 5am is considered morning) and pH reading before the evening meal.
- Eat within your current food habits.
- Continue Multiple Vitamin/Minerals and Omega 3's.

2nd week

- If pH >8.0 for multiple readings start coral minerals immediately and address GI/Kidney/Liver issues
- If pH 6.4 to 7.4 (Healthy Alkalinity) continue to make healthy dietary choices. If you currently are having multiple concerning symptoms and pH's fall in this range this can be indicative of other issues so please notify us and we will help you in how to move forward.
- If pH 5.5 to 6.3 continue supplementation and find 3 days to eat an all alkaline forming diet. If body alkalizes then make necessary changes to maintain pH or add to daily regimen a Greens supplement. If body stays Acidic follow up may include any of the following
 - Coral Minerals/Krebs Cycle Minerals/Trace Minerals
 - Aloe Vera – liquid or powder
 - Apple Cider Vinegar
 - Tropical Antioxidant Juice
 - Greens – Powder or Tablet
 - GastroIntestinal improvement
 - Kidney work

Basal Body Temp

First morning temperature, taken before rising.

1st week

- Eat within your current food habits.
- Continue Multiple Vitamin/Minerals and Omega 3's.

2nd week

- If > 97.4 temp is what you need to be at.
- If < 97.4 Basal metabolic temp is too low, may be in need of
 - Thyroid support
 - Adrenal support
 - Adaptogenic herb therapy