



debra@flippingfifty.com
FB/IG/YT: [@flipping50TV](#)

The 5-Day pH Tracker

If you're not feeling right, lack energy, or can't lose weight, it can be a lot of things. One of them is a pH that is too acidic. The pH scale ranges from 1-14, 7 being neutral when testing urine. You can also test saliva and that should be between 6.8 and 7.4. You can determine the effects of food and habits on your pH and make changes accordingly. Use the charts that follow to track your pH for five days. Litmus strips are readily available at your pharmacy.

What Foods are Alkaline forming?

Almost all vegetables, especially leafy greens

Fruits – aim for low sugar fruits (berries)

Azuki beans

Lemon (add to water frequently) or apple cider vinegar

What foods are Acid-producing Foods?

Dairy

Meat

Processed foods

Coffee

Alcohol

Artificial sweeteners

Sugar

Obviously, you can't completely remove acid -producing foods from your diet. You *can* increase the number of alkaline-forming foods balance. Habits matter too:

Acid-Increasing Habits

Stress

Shallow breathing

Inactivity

Overexercise

Poor Sleep quality or quantity

Alkaline Supporting Habits

Meditation, Yoga

Bath in Epsom Salts

Deep breathing

Hormone-balancing exercise

Time in nature

Gratitude

DAY 1

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DAY 2

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DAY 3

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DAY 4

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DAY 5

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Test as many times in one day as you remember. You'll learn how to adjust your pH by increasing the number of alkaline foods and decreasing acid-producing foods and changing your habits. You may want to periodically retest and make it a game to improve.