

Each piece of information collected helps give a more complete picture of body system function, helping guide your health choices more accurately. The more information you can provide, the better! ****CONFIDENTIAL****

Blood Type _____ **A, B, AB or O**
****If you do not know your blood type, add to Lab order!!****
Blood Type reveals certain genetic characteristics.

Average Urine pH _____ **AM Urine pH** _____
PM Urine pH _____

URINE pH Notes (use pH strips from drug store or Sunshine):
AM Urine pH taken upon arising, PM approx 12 hrs later.
Empty a little urine before testing.
To properly average, you need 3 AM and 3 PM within one week.
Add all 6 urine pH tests and divide total by 6 for average urine pH.
Below 6.0 is too acidic.
Above 6.5 is too alkaline.
Urine pH reflects liver & blood activity and mineral reserves.

Average Saliva pH _____ **AM Saliva pH** _____
PM Saliva pH _____

SALIVA pH Notes (use pH strips from drug store or Sunshine):
AM Saliva pH 1-2 hours *after* breakfast / teeth brush / rinsed.
PM Saliva pH 1-2 hours *after* supper / teeth brush / rinsed.
NO food or drink 1-2 hours prior to saliva testing.
If you spit into spoon, be sure it is plastic.
To properly average, you need 3 AM and 3 PM tests within one week.
Add all 6 Saliva pH tests and divide by 6 for average saliva pH.
Below 6.5 is too acidic.
Above 7.0 is too alkaline.
Saliva pH reflects stomach, intestinal & lymphatic efficiency.

Average Blood Pres _____ / _____ **AM Blood Pressure** _____ / _____
PM Blood Pressure _____ / _____

Blood Pressure Notes:
AM Blood Pressure, wait at least 30 minutes after arising.
PM Blood Pressure, approximately 12 hours after morning test.
Sit and relax for 5-10 minutes before test. No talking during test.
To properly average, you need 3 AM and 3 PM tests within one week.
Add top#'s of all 6 BP tests and divide by 6 for average top#.
Add lower#'s of all 6 BP tests and divide by 6 for average lower#.
Blood Pressure is influenced by many body systems.

For In Office Use Only:

Iris Color & Type _____
Pulse Rate St _____ Si _____ Br _____ La _____
Pulse Quality _____
Skin Tone _____
Tongue _____
Nails _____